

EL MORRO

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April 2010

U.S. Army Chief of Chaplains Historical Visit to Puerto Rico Fort Buchanan's Reforestation of Coqui Housing Area



Chaplain (Maj. Gen) Douglas Carver, U.S. Army Chief of Chaplains, while delivering a spiritual message to Soldiers of the 1st Mission Support Command during his first official visit to Puerto Rico and Fort Buchanan. More on pages 9 and 20.



Col. Edwin C. Domingo, Garrison Commander leads Fort Buchanan's Reforestation Activity at Coqui Housing Area sponsored by the Department of Public Works, Antilles High School Environmental Class and the San Juan Bay Estuary Volunteer Program. Story on pages 10 and 11.



Deputy Commander Shares Soto Cano Experience on page 5



Family Advocacy Program News on page 7



Wounded Warrior News on page 17



FROM THE COMMANDER:

The Fort Buchanan Mission —
Enable customers to succeed by providing sustainable Base
Support and excellent services.



Col. Edwin C. Domingo
Garrison Commander

April marks a significant national observance for the Army family as we celebrate the "Month of the Military Child". Every year Fort Buchanan recognizes the key role played by our military child care and youth services. They are living testimonies of our commitment through the Army Family Covenant "in providing Soldiers and Families a Quality of Life that is commensurate with their service; as well as providing our families a strong, supportive environment where they can thrive."

During this month we celebrate the unique lifestyles of our military youth, making adjustments when necessary, especially during de-

ployments and wartime. This is a very special commemoration at Fort Buchanan and military communities around the world. This is the time when we get together as one to demonstrate our gratitude and appreciation for the many sacrifices our military families make as their loved ones serve their country. Among the most important members of our military families are — our children.

Our Nation has an eternal debt with all the military children whose sacrifices allow us to reap the benefits of democracy. It is an honor to salute our military and civilian families as we recognize the contributions of our children in support of our troops.

Along with the celebration of the Month of the Military Child it is also significant to recognize the fragility of our children through the observance of the Child Abuse Prevention Month. As the Garrison Commander but most of all, as a father I would like to ask the Fort Buchanan community to become advocates for our children and report the problem. Reporting suspicions of child abuse and neglect is mandatory. There are many indicators of the types of child abuse and neglect. They could be physical abuse and neglect, sexual abuse

or emotional maltreatment. There are also physical and behavioral indicators of such abuse and neglect.

Some physical indicators include unexplained bruises and welts, fractures, lacerations or abrasions; consistent hunger, poor hygiene; consistent lack of supervision, especially in dangerous activities or long periods; difficulty in walking or sitting; torn, stained or bloody underclothing; speech disorders, lags in physical development, to name a few.

Some behavioral indicators are: being wary of adult contact, apprehensive when other children cry, afraid to go home, wears clothing that covers body when not appropriate, constant fatigue, frequent school absences or tardiness; begging or stealing food; unwilling to participate in certain physical activities, sudden drop in school performance, suicide attempts and conduct disorders, among others.

The Army family is a place where we want all members to feel safe, secure and have a successful future. No one deserves to live in fear. Child abuse will not be tolerated. One abused and neglected child is too many. Let's work together to prevent these numbers to go up by keeping our children safe, provid-

ing the support families need to stay together and by raising our kids and youth to become happy, secure and stable adults. Let's do it for our children, our future.

In order to provide a better quality of life for the future generations the Fort Buchanan Garrison also joins our nation in recognizing Earth Day and the need for responsible stewardship of our environment and natural resources. 2010 commemorates the 40th anniversary of Earth Day. This annual event provides us the opportunity to demonstrate our commitment to the spirit of this celebration - the environment.

Our garrison has a long history of being environmentally aware. As part of the Fort Buchanan Family and Community covenants, it is our responsibility to provide the safest and cleanest environment possible. By leveraging the interdependence among mission, environment and community to establish and sustain necessary resources, we ensure that the Army simultaneously meets current as well as future mission requirements worldwide, safeguards human health, improves quality of life, while also enhancing the natural environment.

Moreover, as a component of Army transformation, we are eliminating waste, driving in-

novation and promoting collaboration across the Army enterprise. Our continuing efforts and monitoring of our progress make living and working at Fort Buchanan a model of what Earth Day stands for.

In the recent past, our efforts have been directed toward preserving endangered species of trees and planting other trees to beautify and sustain our living areas. The Department of Public Works, Environmental Division has also worked diligently to design a program that addresses our wetlands on post as well as our protected species that live on post or occasionally wander inside.

I call upon everyone who works, lives and visits here to stay aware of the individual impact on the environment. The frontline in environmental protection begins with you. The command is dedicated to assisting you and creating policies in line with the Army's mandate to have environmentally conscious garrisons. Working together we can make a difference.

Army Families are Army Strong. Army Green is Army Strong. Hooah!



Department of Defense and States, Partnering to Support Military Families



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CSA helps launch Installation Management Campaign Plan

By IMCOM Public Affairs



Chief of Staff of the Army Gen. George W. Casey Jr. addresses the audience at the Association of the United States Army's 2010 Army Installations Symposium & Exposition in San Antonio, Texas, March 29, 2010. The exposition is being held in conjunction with the Army's Installation Management Command campaign plan rollout conference.

Photo by D. Myles Cullen

SAN ANTONIO, Texas -- Soldiers. Civilians. Families. For nearly nine years, these three pillars of the Army community have made history during their support of U.S. military operations in Iraq and Afghanistan.

But the resulting wear and tear is evident -- even on those not serving on the front lines.

Indeed, "The Army will not break because of its Soldiers, but the wear and tear on families is almost unbearable," said Lt. Gen. Rick Lynch, commander of Installation Management Command.

Lynch speaks from experience; his family has faced their own separation of war. The general, who served as commander of the Multi-National Division-Center in Iraq, and his wife of almost three decades, Sarah, have been apart four of the last seven years.

During a recent visit to garrisons in Europe, the IMCOM commander noted that the couple's relationship has stood the test of time. "But while being apart is a strain in our relationship, can you ... imagine the strain ... in a family that's newly married with newborn children?"

Accordingly, Lynch unveiled the Installation Management Campaign Plan here Monday. He called the IMCP a "roadmap for supporting the warrior now and in the future," along with civilians and Army families.

The plan is also just a beginning. The general said the installation management community's challenge now is to determine, "How can we do a better job of taking care of Soldiers and families? That's why we exist; that's the essence of our being."

He called the plan an overall strategy for the installation management community.

His intent? To execute the IMCP along six lines of effort: Soldier, family and civilian Readiness; Soldier, family and civilian Well-being; Leader and workforce development; Installation readiness; safety; and Energy efficiency and security.

As part of the campaign plan roll-out conference, Lynch invited Chief of Staff of the Army Gen. George W. Casey Jr. to share his assessment of where the service stands and his thoughts on how the installation management community will continue to provide a vital role not only in supporting the Army family but in operating installations more efficiently and effectively as well.

As part of a one-hour presentation, Casey touched on his 2010 objectives, including this trio:

Continues on page 13

Puerto Rico plans to cancel previously issued birth certificates in July

By IMCOM Public Affairs

SAN ANTONIO, Texas -- Recent legislative action by Puerto Rico will soon begin affecting U.S. service-members from that territory.

In January, the government of Puerto Rico implemented a new law aimed at strengthening the issuance and usage of birth certificates to combat fraud and to protect the identity of all people born in Puerto Rico. As of July 1, the law will invalidate all birth certificates issued before that date by the Puerto Rico Health Department, through its Vital Statistics Record Office.

Why such extraordinary measures? According to a fact sheet by the Puerto Rico Federal Affairs Administration, many common official and unofficial transactions on the island "unnecessarily" required the submission, retention and storage of birth certificates. Meaning: hundreds of thousands of original birth certificates were stored without adequate protection, "making them easy targets for theft."

More than 30,000 Puerto Ricans are currently serving in all Army components of them about 13,000 are on active duty.

Subsequently, many birth certificates have been stolen from schools and other institutions; sold on the black market for prices up to \$10,000 each; and used to illegally obtain passports, licenses and other government and private section documentation and benefits.

The administration fact sheet also noted that because of such problems, "approximately 40 percent of the passport fraud cases investigated by the State Department's Diplomatic Security Services in recent years involved birth certificates of people born in Puerto Rico." This left Puerto Rico born-citizens vulnerable to identity theft, ruined credit, stolen Social Security benefits and increased random security checks at airports.

Recognizing such enormous risks - including homeland and nation security concerns - the government of Puerto Rico took action to enhance the safekeeping of birth certificate data and to better protect the public from fraud and identify theft.

Accordingly, the Vital Statistics Record Office will begin issuing new birth certificates July 1, incorporating technology to limit the possibility of document forgery. Moreover, the new law will invalidate all birth certificates issued before July 1.

Does this mean that everyone will need to run out and request a new birth certificate immediately? No, said Puerto Rico Federal Affairs Administration officials. In fact, they recommend that only people who have a specific need for their birth certificate for official purposes - such as passport application - request a new document.

"Those people who want to obtain a copy of the new birth certificate for their records are encouraged to do so at a later date to prevent an unnecessary rush of applications," said officials, "and to ensure those individuals who have a specific need for the birth certificate are able to obtain them in a timely fashion."

For more information on how to apply for a birth certificate - including forms that will need to be completed - visit the Web site:

www.salud.gov.pr/Programas/RegistroDemografico/Pages/RequisitosparasolicituddeNacimiento.aspx

More information on page 13.



Installation Commander's

PROCLAMATION

In today's Army, the pace is extraordinary and at Fort Buchanan every one of us continues to go above and beyond every day to support our mission. Since this tempo is not likely to change much in the very near future, there will continue to be vigorous demands on all of us - including the children in our midst. The vast majority of our Army Families have stepped up to the plate. Both parents and children are equipped for success, but even they can also benefit from the support of other Army households who do not have children at home. For the smaller number of Families who face other significant challenges that put their children at risk, our Army Family Advocacy Program (FAP) is always ready to provide referral and support.

April 2010 is designated as Child Abuse Prevention Month in the Army. This year's theme - Children are our Future; Let's Keep our Future Safe by Protecting the Child is intended to emphasize even closer attention to the protection and support of our children.

I am calling on the entire Fort Buchanan Community to be vigilant for the safety of all our children. We know from recent research published in the Journal of the American Medical Association that some Army children with parental deployment to Iraq and Afghanistan are at greater risk for child neglect. The research still confirms that the tremendous stresses (parenting alone, anxiety for the parent in harm's way) experienced by Families contribute to the problems associated with higher increases of injury and abuse.

Now, more than ever, we have to continue to demonstrate our commitment to provide our children and their parents and caregivers with a strong, healthy and supportive environment where children can be safe and thrive. The quality of life for our Families must match the quality of their Soldier's service.

As Commander of this installation, I ask that you rededicate yourselves to protecting our children here on the home front. We have to mobilize everyone in the Fort Buchanan community, inside and outside the gate, to play a role.

Therefore, our Child Abuse Prevention Month campaign for 2010 must reinforce the promises of the Army Family Covenant. Just as we give full support to the force, we must give full support to the Families.

We are Army Strong. Now, in Child Abuse Prevention Month 2010, we need to show that we are Army and Community Strong in Keeping Children and Families Safe.

Keep a spotlight on the children. Lend a hand. Support one another. Help isolated Families connect with FAP. Join in the 2010 Army campaign to prevent child abuse.

Our 2010 campaign at Fort Buchanan is child-centered and family-focused: - ***Children are our Future; Let's Keep our Future Safe by Protecting the Child.***

EDWIN C. DOMINGO
Colonel, FA
Commanding





Leaders and Army Programs that helped my Family live through a Tragedy

By MAJ Richard Marzan
CGSC, Fort Leavenworth

The United States Army supports and promotes programs conceived for the welfare and well-being of our Soldiers. I will provide a brief overview of the programs that helped my family live through a tragedy. Organizational programs like the American Red Cross, the Army Emergency Leave, and the Army Compassionate Reassignment definitely makes a difference in our Soldiers' lives. The crucible that my family and I endured made us more sensitive towards fellow Soldiers going through hard and, at times, grave situations. In the next few paragraphs, I will attempt to describe how these programs benefited my family and my organization by describing our experience.

On 24 August 2007, my wife and I suffered a tragic loss. Our nine-year-old daughter Ana Luisa Marzán passed away. She was born with the Dandy-Walker malformation; "which is a rare congenital malformation that involves the cerebellum and fourth ventricle." At the time, Ana was attending the fourth grade at Antilles Elementary School at Fort Buchanan, Puerto Rico. I was stationed overseas in South America.

The first organization that provided support to our family was the American Red Cross. The American Red Cross is an organization that links family members and Soldiers in time of need. One of their crucial responsibilities is to quickly notify, anywhere in the world, Soldiers through their chain of command "following the death or serious illness of immediate family members or other crucial event." Because of the nature of the notification, most Commanders will ensure the presence of the immediate Soldier's supervisor and/or the units' chaplain to provide immediate comfort to the Soldier.

Just as I described above, my Commander understood the stress that I was under after receiving the notification from the Red Cross. The message in the notification required my "immediate presence in Puerto Rico due to a family member's death." As the leader of our organization, my Commander influenced my ability to maintain calm under stress. He comforted me and helped me to start the mourning process. He ensured that I would not fall on distress. According to Daniel Goleman; "there are five components of emotional intelligence that significantly influence leader effectiveness: self-awareness, self-regulation, motivation, empathy and social skill." During that horrible stressful time, I acknowledged my Commander's intention of keeping me mentally focused because I needed to be functional to complete my emergency re-deployment actions.

The next program was also extremely important for my family, the Army Emergency Leave Program. This program authorizes a Commander to place a Soldier on leave for up to 30 days for emergency situations within the immediate family. Only the Commander can approve this leave. This program provides a defined period that Soldiers can spend leave to be with their families, take care of family matters, and/or resolve legal situations. The Army Emergency Leave Program allows Commanders to approve accrued, advanced, or excess leave. The leaders of the organization understand that this program could affect the unit climate in a positive or negative manner. The Commander of the organization has the authority to approve and/or extend a Soldier's emergency leave once the emergency notification is reviewed and deemed legitimate.

The Commander of my organization authorized my emergency leave as soon as he was informed of the situation. The instructions from my Commander were very simple: take your time and stay with your fam-

ily. My personal tragedy produced confidence in the caring nature of the Command and raised the already positive unit climate. Soldiers in the organization knew that if anyone had an emergency, the Command would be there for them. That is why the Army Emergency Leave Program is so important for the morale of our Soldiers and, at the time, my own morale.

The third and final program that I want to talk about is the Army Humanitarian Assignment Program, commonly known as a compassionate reassignment. Soldiers and their leaders use this program to request a re-assignment due to a family situation. There are several reasons that merit re-assignment; ultimately, the Army Human Resources Command (HRC) has the final approving authority for the request. This program has benefited thousands of Soldiers in our Army. This is another example of a program that Soldiers view very positively. Soldiers generally will maintain high morale when their organization supports them in a time of need. Soldiers tend to work more efficiently and cohesively because of high morale. That is the theory behind the different Organizational Team Building Models (the Rocket or the Kotter Model.) These models maintain that members of a team with high morale are prone to deal with interpersonal conflict more effectively by getting the conflict out in the open and dealing with it. This openness leads to a more efficient team.

As a way to cope with the tragedy on a long-term basis, my Commander submitted a request for my immediate re-assignment to any available organization in Puerto Rico. The re-assignment request took over four months to get approval from HRC. My Command attached me to the Fort Buchanan Garrison for fourteen days after utilizing all of my accrued leave while on emergency leave. I returned to work after 45 days of leave. At work, I really pushed myself hard for two main reasons, to temporarily forget and because I could not fail the organization that stood by me during my crucible. The reassignment program really provided my family with the necessary time to mourn our daughter.

In conclusion, the Army, as a leading organization, supports programs that can really make a difference. Programs like the American Red Cross, the Army Emergency Leave Program and the Army Compassionate Reassignment are very important for the well-being and morale of our Soldiers. I am very grateful for the actions my leaders took for my family and myself during our crucible. This crucible made me a more resilient officer. It developed me into a more sensitive officer towards Soldiers going through hard times because of personal or family matters.

Maj. Richard Marzán is currently a student at Command and General Staff College at Fort Leavenworth, Kansas. Maj. Marzán is a logistics officer. He served as the Battalion Executive Officer for the 2nd Battalion 348th Regiment, 1st Army at Fort Buchanan, Puerto Rico in 2008.



San Patricio Family 5K



Fort Buchanan served as the starting point for the San Patricio Family 5K held March 28, 2010. The event is part of Fort Buchanan's Community Outreach Program in coordination with San Patricio Mall. This is the 14th anniversary of the event on behalf of the Children's Hospital in Guaynabo. Some of the athletes that you see in the picture are part of the 2,000 children who receive services at the only pediatric hospital in Puerto Rico. The institution serves children 0-21 years of age with physical or mental impairment.



Above: Representatives of Fort Buchanan Directorate of Emergency Services, Police Section, (L to R: Zuleyka Colón, Officer Efrain Laureano, Officer Christopher Nelson, LT Alfredo Aponte and Raymond Demming) supported the San Patricio Family 5K providing security at Fort Buchanan's main gate. Members of P.R. Police Department and Guaynabo Municipal Police directed traffic outside the installation in coordination with the garrison's police. The area was used as starting point for the marathon. Approximately 200 children participated in the first run that went around the block. While 1,900 runners completed the 5K. **Below:** Approximately 1,900 runners participated in the annual San Patricio Family 5K that started at Fort Buchanan's main gate. Runners and walkers of all ages joined the crowd in support of the Children's Hospital. The hospital provides physical, occupational and speech therapy to ambulatory patients and 25 children who live at the institution referred to the hospital by Social Services.





Fort Buchanan's Deputy Commander Shares Soto Cano's Experience

By El Morro Staff



Lt. Col. Gerald R. Savage Jr., at his desk as interim Garrison Commander for Army Support Activity at Soto Cano, Honduras.

Photo Provided

Fort Buchanan, PR - When asked what he did for the holidays, Lt. Col. Gerald R. Savage Jr., Deputy Fort Buchanan Garrison Commander, was happy to respond that he spent them in Honduras. Savage was not on vacation, he was on temporary duty at Soto Cano Air Base from 6 November 2009 to 25 January 2010. Soto Cano is one of Installation Management Command-Southeast Region installations (IMCOM-SER), and is the only IMCOM Expeditionary Installation at this point in time.

Almost five months ago he left Fort Buchanan to perform duties as Interim Garrison Commander for Army Support Activity (ASA) at Soto Cano, Honduras. He assumed command after the previous Commander had left and until the newly selected commander could report. The previous commander had to leave and report to his next assignment and the next DA Board selected commander could not report until late January or early February 2010.

ASA Soto Cano has a staff of attached and detailed military personnel from the Army, Air Force and Navy, Department of the Army Civilians and Foreign Service Nationals (FSNs). It supports the Joint Task Force Bravo (JTF-B) mission operations; the 612th Air Base Squadron and several other smaller tenant organizations by providing base support. He also commanded a 450 person BASOPS contract that supported the ASA with installation operations.

"My objective was to re-establish a good working relationship with JTF-B and to ensure that good quality life support was provided to all the Soldiers, Sailors and Airmen stationed at Soto Cano," indicated Savage. He also added, "We worked on FY10 budgeting issues in conjunction with Army South, and continued to develop and publish policies to improve ASA operations."

One of the key factors that allowed his staff to conduct a very effective and efficient operation was the almost daily

interaction with the Honduran Air Force Commander to ensure a great working relationship with the local Honduran military. Savage stated, "Regular meetings with key local Honduran leaders in Comayagua helped to identify and smooth out problems before they really started."

While assigned at Soto Cano he appreciated with more detail the importance of daily interaction with key staff and tenant organizations and the importance of maintaining good relationships with your neighbors outside the wire. Lessons he plans to apply here at Fort Buchanan.

"As Deputy Commander, I want to ensure that our focus stays on establishing and maintaining services per Common Levels of Support as directed by IMCOM-SER guidance, and ensure that we keep focus on supporting our Army Reserve and other tenant organizations."

He mentioned that his 3 top priorities for Fort Buchanan are to continue to develop and establish procedures for "Island Wide Support" to the Army Reserve; continue to develop and refine a working Force Protection and Emergency Response program; and optimize the space utilization at Fort Buchanan in light of the CAPECO incident and the relocation of several agencies to temporary locations throughout the installation. Right now he is working on "Island Wide Support" as directed by IMCOM-SER for all Army Reserve units located throughout the island of Puerto Rico.

When asked what can civilians, military, tenants and retirees do to improve Fort Buchanan, he answered, "continue to take pride in what we all do. Remember that this is a military installation, and act accordingly and continuously try to improve the life and support we provide to our service members and retirees, they are the reason that Fort Buchanan exists."

An issue in the minds of everyone is whether Fort Buchanan will continue to expand with more tenant facilities or will it fall to BRAC someday? Savage was firm in his reply, "All BRAC closings have been identified by Congress and Fort Buchanan is not on that list."

However, he did mention that everyone needs to always remember that unless you stay relevant, someone will find a reason to no longer need you and a way for you to go away. "Fort Buchanan provides many services to many different organizations on Puerto Rico. However keeping focus on what our key missions are and how we can achieve them will ensure Fort Buchanan has a long, healthy future and a way ahead," he concluded.

Lt. Col. Savage ended his interview by saying, "I really appreciate the reception I received from everyone upon my return from Honduras and look forward to the remainder of my time here as Deputy Commander."

Wounded Warriors Go Scuba Diving

Story and Photo By Staff Sgt. Wilfredo Maldonado, Jr.
Platoon. Sgt. CBWTU-PR



Harry Hauck (2nd from left) with group of "Wounded Warriors" scuba divers ready to enter the waters of the Escambron Beach to test equipment.

San Juan, PR - On Friday, March 5, 2010, a group of 21 "Wounded Warriors" soldiers from Fort Buchanan spent the day at a local beach swimming, snorkeling and scuba diving. The event was organized by the Community-Based Warrior Transition Unit, commanded by Lt. Col. Marivel Velazquez. The Soldiers had a great time and are looking forward to doing it again. This beach-day activity was the result of a combined effort between the Unit and Harry Hauck, swimmer, environmentalist and scuba instructor. Hauck created Fort Buchanan's scuba diving program in 1984, when he was hired as an MWR Recreation Specialist/scuba instructor.

When he retired in 1997, he left Fort Buchanan with a very active scuba program, and continued his relationship with the Ft. Buchanan community by involving soldiers and civilians in his famous underwater beach clean-ups.

Recently, Hauck saw a TV Documentary about the "Wounded Warriors" program and felt the need the help our local soldiers. He met with Velazquez and presented her with an offer to volunteer his skills and expertise to the "Warrior" program.

Velazquez accepted his proposal and, together, they began to organize "A Day at the Beach" for the troops. The unit would handle the logistics, and Hauck would supply knowledgeable personnel and equipment to ensure a safe, enjoyable and exciting day for the "Warriors".

The unit's 1st Sgt. Juan Way Pacheco was tasked to work with Hauck to coordinate various aspects of the event. They discussed the physical limitations of the Warriors, and what equipment the unit would supply. Staff Sgt. Luis Soto was named NCOIC of Operations for the activity, and would work directly with Hauck. The first thing they did, was to make two visits to the Es-

cambron/Normandy Beach in Old San Juan to determine if there were any risk factors involved with this area. Hauck had suggested this beach because that is where he conducts his scuba classes, and has found it to be a safe teaching environment.

They met with the Parks and Recreation administrator and the local police, to make sure all the proper agencies were informed of the coming "Beach Day". The unit's Plt. Sgt. Wilfredo Maldonado, Jr. arranged to have two Port-a-potty (bathrooms) delivered to the site by the City of San Juan. He also arranged for food and beverages for the Warriors to enjoy during their outing. Fort Buchanan's MWR Outdoor Rental Division loaned the group ten sets of mask, fins and snorkels for the day. Two mini-buses were secured from the Garrison Motor Pool. For his part, Hauck was to provide scuba gear and a team of his advanced ex-diving students to help him work in the water with the "Warriors."

Two days before the "Beach Day", the weather was terrible, and the oceanic conditions were rough and unsafe, but on the day of the activity, the sun came out, and the sea became calm. Hauck and his team arrived at the Escambron/Normandie Beach at 8:00 am for a briefing on how to work with the "Warriors". His team consisted of Dr. Robert Sheldon, a former advisor to the Puerto Rico Olympic Track and Field Team; Dr. Jose Rodriguez, a former Pan-American Games Water Polo player; Sergio Fernandez, Station Manager of English radio station, WOSO; Karen Vega, a NAUI scuba instructor, and owner of Caribbean Aquatic Adventures; Luis Escalante, Director of a program for homeless veterans; Evette Clark, employee of El Nuevo Dia Newspaper; and Victor Orta, who was the official photographer, John

Continues on page 13



Fort Buchanan Short Shorts

TRICARE PR Week

By Jose A Martinez
OSD MEDCOM TLAC

The TRICARE Latin America and Canada (TLAC) Puerto Rico Area will hold its TRICARE Puerto Rico Week at Fort Buchanan. TRICARE is the DOD managed health program for active and retired military personnel.

The activity will be conducted during the week of 26 to 30 April 2010. The activity consists of a series of events to educate and exchange information related to the TRICARE benefit: Senior Military and Civilian Leadership, Beneficiaries, and Providers.

TRICARE Management Activity (TMA) has the mission to manage the TRICARE Program. TLAC is the component of TMA responsible for executing the TRICARE benefit in Latin America and Canada.

This event is part of TRICARE's continued effort to educate beneficiaries, providers and the military and civilian leadership. During this week we will address (1) changes in managed care contractor; (2) reorganization of TLAC; (3) changes in TMA leadership, (4) current projects of law.

There will be a Beneficiaries Briefing on 27 April 2010 at 9:00 AM at the Fort Buchanan Community Club. This event is free of charge. There will also be a Providers Seminar on 29 April at the Sheraton Old San Juan starting at 5:00 PM, also free of charge.

The TRICARE leadership will also participate on a Senior Leaders Symposium on Wednesday, 28 April. The intent of the symposium is to bring together all TRICARE civilian and military stakeholders to share information and find solutions to health care issues for our beneficiaries. Don't miss this opportunity to learn more about TRICARE.

Birth Certificate

By Robert J. Laver
HQDA CIO/G-6

INVALIDATION/CANCELLATION OF BIRTH CERTIFICATES ISSUED IN PUERTO RICO PRIOR TO 1 JULY 2010.

From the Army G1: A Puerto Rican law will be implemented 1 July 2010 canceling or invalidating all birth certificates issued by Puerto Rico prior to 30 June 2010. Affected Soldiers, civilian employees, and family members will need to request issue of a new birth certificate.

For new accessions, certificates issued by Puerto Rico prior to 30 June 2010 will become invalid and may not be used to verify eligibility for enlistment into the Army effective 1 July 2010. For additional information to include an extract of the law, a list of FAQ questions, and instructions visit website:

www.salud.gov.pr/Programas/RegistroDemografico/Pages/Requisitospara-solicituddeNacimiento.aspx

IG Transition

By: MAJ Ivelitza Roman
USAG Assistant IG

Welcome to the Inspector General's corner! Our Army is constantly transforming and the Fort Buchanan Inspector General Office will grow to be part of that evolution. As of April 1, 2010, the Fort Buchanan Inspector General office will realign under the operational control of the 81st Regional Readiness Command located at Fort Jackson, South Carolina. The realignment will not impact the support we provide to the Fort Buchanan community.

Per AR 20-1, IGs are committed to excellence and we will continue to render assistance to commanders, Soldiers, family members, civilian employees, retirees and others who seek help with problems related to U.S. Army. Every member of our organization is fully qualified to assist you; call, email or visit any of the individuals listed below for assistance. We are located in building 1018, Garcia Street, Buchanan Heights. Our office hours are from 0700-1700 Monday thru Friday.

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DROIT ET AVANT!!!!

Casualty Assistance and Notification Officer Training

By Luis A. Cruz
Casualty/Mortuary Affairs Office

Prior to assuming Casualty Assistance/Notification Officer duty, each designated Sgt. 1st Class and above must complete the new Casualty Notification Officer (CNO) and Casualty Assistance Officer (CAO) Multimedia Training on the following website: <https://www.hrc.army.mil/site/active/tagd/cmaoc/cmaoc.htm>. This training is in addition to the training given upon activation as a CAO/CNO.

Once complete, you must produce a copy of the completion certificate to the Casualty Assistance Center Casualty Coordinator at Bldg. 1103, Raintree Street, Fort Buchanan.

Units can save time by having all eligible personnel complete the training now. Units are strongly encouraged to maintain a healthy pool of trained CAO/CNOs. Training can also be provided at the unit. Units can request training to the Fort Buchanan Casualty Assistance Center by calling Mr. Jesus Ozores at 787-707-2987 or 787-707-3916, email: jesus.m.ozorescruz@us.army.mil

Ask the doctor

By RAHC Staff

A community service from Rodriguez Army Health Clinic

Question: I am retired and get all my medicines at the clinic. Why can't my prescriptions be filled on the same day?

Answer: Because we are only staffed for Active Duty Members, services for all others, such as pharmacy, are provided on a space available basis. Fortunately for you, we have made special arrangements to provide prescription medications to ALL eligible beneficiaries. To do this safely requires extra time since many people are on numerous maintenance medications. For that reason, we ask that our non-Active Duty Members request their medications 2-5 work days before they are needed.

Question: What if I need the medicine starting the same day?

Answer: In limited cases, such as antibiotics and treatments for acute situations, we fill the prescription on the same day to ensure your best care.

Question: Do you realize that coming to the pharmacy twice: once for drop off and then again for pick up, is very inconvenient?

Answer: We have several solutions for you! You can ask your civilian doctor to write a 90 day prescription and give you 1 refill. That way you only have to come 3 times in 6 months. For your refills, you can call 787-707-2052 or 707-2846. You can also use the DoD Mail Order system and we have all the information you need to start that low cost service delivered directly to your home. We discontinued use of a prescription "drop off box" because many prescriptions were either illegible or had incomplete information.

Question: The pharmacy seems very busy. Is there a good time to come?

Answer: Yes, there is. Due to Soldier sick call every morning, we ask that our non-Active Service Members pick up their medications anytime after 1:00p. m. except on Wednesday afternoons when we close for training.

Clinic Open: Mon, Tues, Thurs, Fri 6:30 a.m. to 3:30 p.m.; Wed 6:30 to 11:30 a.m.

Pharmacy Open: Mon-Friday 7:00 to 11:30 a.m. and Mon, Tue, Thu, Fri 1:00 to 3:00 p.m.

Safe Kids - Scald Burn Injury

.. Never leave a small child alone, especially in a kitchen or bathroom.

.. Set water heater temperatures no higher than 120 degrees. Always carefully test the water temperature before putting a child in a tub or shower.

.. Use the back burners and turn pot handles to the back of the stove when cooking.

.. Keep appliance cords out of chil-

Information Needed

ByElsa Jimenez
PAO, Corps of Engineers

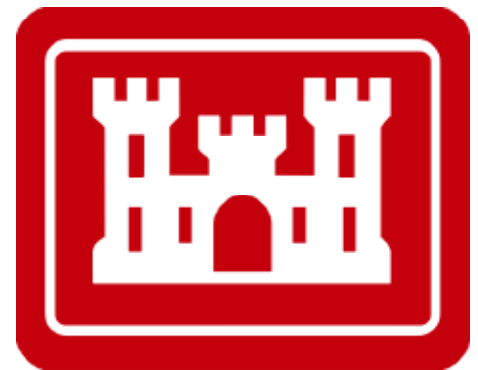
The Army Corps of Engineers is requesting information about three former military sites on the island

Recently, the U.S. Army Corps of Engineers completed Site Inspections (SI) at these three former military sites: (1) Fort Brooke Military Reservation - Site used to protect San Juan from sea and land based attacks; (2) Henry Barracks Military Reservation - Primarily used by the U.S. Army as training camp for infantry and briefly used by the U.S. Navy for wireless radio support, and; (3) Monito Island Bombing Range - Used by the Air Corps/Air Force as a high level radar bombing and gunnery range.

These sites are part of former military installations throughout the United States that will be reviewed under the Department of Defense's Munitions Response Site Prioritization Protocol. This protocol is used to assess sites that may have unexploded ordnance, discarded military munitions or munitions constituents, and to assign priorities for any additional investigation or munitions removal that may be required. Different sites on Puerto Rico have been assigned different priorities based on historical information and field results.

The evaluation criteria, including types of munitions that may be present, ease of access to the sites and number of people living nearby, are available for public review in the Draft Final Site Inspection Reports. These SI reports are available at the Corps Antilles Office, 400 Fernandez Juncos San Juan, PR 00901-3299.

If anyone has additional information about past activities related to the former sites, please contact: Eng. Jose Mendez, Project Manager, (787) 729-6893 or Elsa Jimenez, Public Affairs, (787) 729-6876.





Discipline Children With Love

By Wilda Diaz
Family Advocacy Program Manager

April is Child Abuse Prevention Month in the Army 2010 Theme: "Children are Our Future: Let's Keep Our Future Safe by Protecting the Child"

Does Your Child Say? "You love him/her more than you love me!"

If you have more than one child, sometimes they may ask you if you love the other sibling more. This is not unusual, and sometimes children will ask you, pretending that the answer is not important. BUT the answer IS important!

If one of your children says: "You love her/him more than you love me! He/she always gets his/her way."

Meaning behind your child's words: "He/she is more loveable than I am, so you let him/her have his/her way."

INEFFECTIVE RESPONSE: "I love you too, but it is easier to love him/her, because he/she does not argue with me always. You would get your way sometimes too if you would just stop being such a brat."

EFFECTIVE RESPONSE: "This is not about who I love more. This is about you finishing your chores." Or, "This is not about who gets his/her way. This is about the fact that it is your sibling's turn to use the computer or game for an hour. You already had your turn."

TIP: Praise your children every day for everything positive they do or say! You will see a difference in their behavior and/or attitude. You will be helping them to have a healthy self-esteem.

Some phrases children need to hear:

- Thank you!
- You are loved!
- You can do it!
- You tried hard!
- You did it!
- Thanks for being honest!
- I am so proud of you!
- I LOVE YOU!!

If you need tips or classes on parenting/disciplining children with love, please contact the Family Advocacy Program at 787-707-3698 or 787-707-3709. We are here to help!

THE BLUE RIBBON STORY

By: Ms. Wilda Diaz
Family Advocacy Program Manager

During the month of April the Family Advocacy Program is distributing the blue ribbon pin as a symbol for child abuse/neglect prevention. The story behind this symbol is as follow:

In the spring of 1989, a Virginia grandmother began the blue ribbon campaign as a tribute to her grandson. The three-year-old died at the hands of his mother's abusive boyfriend. Since that time, concerned citizens all over the country have worn the blue ribbon as a symbol of the need to prevent child abuse and neglect.

U.S. Army Family Advocacy Program

By Wilda Diaz
Family Advocacy Program Manager

Hurt by a Family Member?
Uncomfortable in Your Home?

Domestic abuse--physical, emotional, or sexual--is never okay. The Army is committed to providing the tools and support needed to stop it.

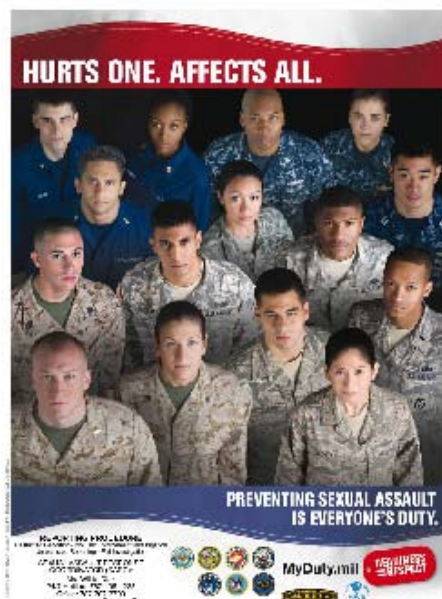
Domestic violence includes a wide range of activities including patterns of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty, and the use, attempted use or threatened use of force against a person of the opposite sex.

Child abuse and/or neglect includes physical injury, sexual maltreatment, emotional maltreatment deprivation of necessities, withholding of medically indicated treatment or combinations of these inflicted on a child by an individual responsible for the child's welfare.

The Army Family Advocacy Program (FAP) has a requirement, based on AR 608-18, to provide educational information, resources, and services to assist all individuals that may be victims of violence, an offender in an abusive relationship, or a person impacted by violence.

Programs and services include, but are not limited to: advocacy services, safety planning, domestic violence awareness programs, and child abuse prevention programs. The program also has a requirement to provide education to child care providers on the prevention of and identification of child abuse. Special programs are developed for those individuals by law enforcement.

For additional information and support please contact Ms. Carmen Teresa Rivera, FAP Educator at 787-707-3698, Ms. Lavinia Rodriguez, FAP Social Worker at 787-707-2044 or/and Ms. Wilda Diaz, FAP Manager at 787-707-3709.



Child Poisoning

By El Morro Staff

.. Store all household products and medications locked out of sight and out of reach of children. Never leave potentially poisonous household products unattended while in use.

.. List poison control center and emergency medical service numbers near every telephone. Keep ipecac syrup on hand to be used only on the advice of a poison control center or a physician. Check with your local poison control center to see if they recommend that you keep activated charcoal in the home as well.

.. Always read labels, follow directions and give medicines to children based on their weights and ages. Only use the dispenser that comes packaged with children's medications.

.. Test children for lead exposure, and test homes built before 1978 for lead-based paint. Cover lead paint with a sealant or hire a professional abatement company to remove the paint. Frequently wash children's hands and faces as well as toys and pacifiers to reduce the risk of ingesting lead-contaminated dust.

.. Install CO detectors in your home in every sleeping area, and on the ceiling at least 15 feet from fuel-burning appliances. Ensure that space heaters, furnaces, fireplaces and wood-burning stoves are vented properly and inspected annually.



Sexual Harassment/Assault and Response Program (SHARP)

By Wilda Diaz
Family Advocacy Program Manager

The Sexual Harassment/Assault and Response Program (SHARP) reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting, and accountability. Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

The goals of the Sexual Harassment/Assault and Response Program are to:

- Create a climate that minimizes sexual harassment/assault incidents, which impact Army personnel, Army civilians, and family members, and, if an incident should occur, ensure that victims and subjects are treated according to Army policy.
- Create a climate that encourages victims to report incidents of sexual assault without fear.
- Establish sexual/harassment assault prevention training and awareness programs to educate Soldiers.
- Ensure sensitive and comprehensive treatment to restore victims' health and well-being.
- Ensure leaders understand their roles and responsibilities regarding response to sexual harassment/assault victims, thoroughly investigate allegations of sexual harassment/assault, and take appropriate administrative and disciplinary action.

The Sexual Assault Response Coordinator (SARC) works for the Family Advocacy Program Manager within the Army Community Service (ACS) and is the commander's source for implementing the installation SHARP. The SARC, Victim Advocate (VA) and Unit Victim Advocate (UVA) make up the SHARP advocacy team in non-deployed environments and ensure that a well-coordinated response system is available to Soldiers who fall victim to sexual harassment/assault. In deployed environments, the Deployable SARC (DSARC) and UVA make up the advocacy team. The DSARC and UVA are generally trained by the SARC prior to deploying to theater. Both the DSARC and UVA, as a collateral duty, can assist the SARC in providing services to Soldier victims while stationed at garrisons.

The SARC, VA, Healthcare Provider, and Chaplain are members of the SHARP protective sphere, and with whom victims can disclose sexual assault and receive medical, counseling, and advocacy services without triggering an investigation or notification to the command. Though the Army respects a victim's right to self determination, the Army also favors unrestricted reporting, as this maximizes their opportunity to protect the victim from further harm and exercise authority to hold offenders accountable for the assault. An advocate can assist you with understanding the two options in reporting sexual assault.

For additional information please contact our office at 787-707-3709



It's Time to Come Clean

By Addy Z. Molina Vazquez
Environmental Compliance Manager,
DPW Environmental Division

Used Oil: The Problem, The Impact, The Solution...and how Fort Buchanan and the Reserve Centers are contributing to the solution:

What is the Problem?

It is estimated that 200 million gallons of motor oil are improperly disposed of each year in the U.S. by being dumped into the ground, tossed in the trash (ending up in landfills), and poured down storm sewers and drains. This is what we experience each year.

What is the Impact?

One gallon of used oil can ruin one million gallons of fresh water, which is approximately, one year's supply for fifty (50) people. Improperly disposed of oil can adversely effect the environment in many other ways, not to mention the huge potential costs of clean up and site remediation following contamination. Un-recycled oil is a waste of valuable nonrenewable resources. Used oil can be reclaimed and reused. It can be re-refined into various hydrocarbon-based products, and when safely burned, it can substitute as a fuel to conserve stocks of virgin oil.

Recycling Used Oil: The Solution

Proper handling of used oil is the key to keeping this product out of the environment. It is wise to use the "cradle to grave" theory when evaluating the steps you will take to eliminate the risk of pollution and subsequent clean-up costs and fines.

- The first step is to insure that all used oil generated is safely collected and accounted for.
- The second step is to place this used oil into an approved interim holding tank system while awaiting collection.
- The third step is to insure that a company that is licensed by the authorities in your area to perform this service and collects your used oil. This personnel would be knowledgeable in how to safely handle and transport your product and have greater options for its end use, such as re-refining or controlled incineration, thus minimizing risk to both you and the environment.

What Happens to Your Recycled Used Oil?

Used oil, or 'sump oil' as it is sometimes called, should not be thrown away. Although it gets dirty, used oil can be cleaned of contaminants so it can be recycled again and again. There are many uses for recycled used oil. These include:

- Industrial burner oil, where the used oil is dewatered, filtered and demineralized for use in industrial burners;
- Mould oil to help release products from their moulds (e.g. pressed metal products, concrete);
- Hydraulic oil;
- Bitumen based products;
- An additive in manufactured products;
- or
- re-refined base oil for use as a lubricant, hydraulic or transformer oil.

In summary, the advantages gained from recycling are:

- Saving energy.
- Reduces costs of collection.
- Reduces the volume of solid waste.
- Conserves the environment and reduces pollution.
- Lengthens the life of landfill systems.
- Financial rewards in the sale of recyclables.

Protects natural resources renewable or nonrenewable.

You save raw material in manufacturing new products from recyclable materials.

How is the US Army Reserve Centers and Fort Buchanan are contributing to the solution?

In Puerto Rico, Fort Buchanan and the US Army Reserve Centers (USARCs) are collecting and storing their used oil in accordance with the Federal and State regulations. Currently, they all have a permit given by the Environmental Quality Board (EQB) that authorizes the storage and disposal of used oil by using a company named Ruben Martinez Oil Collection Services, located in Trujillo Alto, PR.

The total used oil generation per year is 7 tons for Fort Buchanan and 15 Tons for USARC's thus minimizing the hazardous waste disposal and avoiding the contamination of the environment. This data is reported annually to the Region using the Solid Waste Annual Reporting System.

For additional information, please call Ms. Addy Molina, Environmental Compliance Manager at 787-707-2677 or visit DPW at Building #81.

Buchanan Briefs

By El Morro Staff

On 14 March 2010, the Department of State issued a Mexico travel warning for U.S. citizens traveling to and living in Mexico. The current travel warning informs U.S. citizens traveling to and living in Mexico of concerns about the security situation in Mexico, and that it has authorized the departure of the dependents of U.S. government personnel from U.S. consulates in the northern Mexican border cities of Tijuana, Nogales, Ciudad Juarez, Nuevo Laredo, Monterey and Matamoros until April 12. Due to recent violent attacks the U.S. embassy continues to urge U.S. citizens to delay unnecessary travel to parts of Durango, Coahuila and Chihuahua states and to advise U.S. citizens residing or traveling in those areas to exercise extreme caution.

Garrison personnel are advised that buying lunch in the cafeterias of the Antilles School System is a prohibited practice. School property is a safe haven for the children of our community. No garrison Soldier, Employee or Contractor is authorized to enter the school campuses except on official business, and when doing so must check in with the school office to make their presence on campus known. Anyone in violation of this directive is subject to disciplinary action.

This directive does not apply to those instances where garrison personnel with children enrolled in the school are present at parental activities at the invitation of the schools.

Mr. George Roman will be the Fort Buchanan Acting Safety Director effective 29 March 2010. In the meantime Mr. Alfredo Noguera will be on temporary duty overseas for approximately one year. Noguera expressed his gratitude for the Fort Buchanan Community for their support and warm wishes. He asked everyone to give their full support to Roman as well and feel free to contact him at any time. Roman will operate out of the Safety Office, Bldg. 1021-C (Buchanan Heights), at 787-707-2418.

Effective 1 September 2010 the name of Operation Iraqi Freedom will be officially changed to Operation New Dawn, coinciding with the change of mission for U.S. forces in Iraq. Aligning the name change with the change of mission sends a strong signal that Operation Iraqi Freedom has ended and our forces are operating under a new mission. It also presents opportunities to synchronize strategic communication initiatives, reinforce our commitment to honor the Security Agreement, and recognize our evolving relationship with the Government of Iraq.

Signed,
Secretary of Defense

Alcoholism is a Readiness Issue

By Jeniffer Torres, MSW, ASAP Counselor, Rodriguez Army Health Clinic

How do I know if I'm an alcoholic? Alcoholism is a progressive and chronic disease which is treatable. Alcoholism can happen at any age. It is generally defined by these symptoms:

* Craving for a drink and a need for more drinks to get the same "high".

* Not being able to stop drinking once drinking has begun.

* Feeling withdrawal symptoms like nausea, tremors, sweatiness, and anxiety after stopping drinking.

Why does the military makes such a big deal about Alcoholism? Alcoholism is detrimental to the military's operational readiness and Command climate, and is inconsistent with Army Values and the Warrior Ethos. The military strives to be free from the bad effects of alcohol. Alcohol can seriously damage a Service Member's physical and mental health, jeopardizes individual safety and the safety of others, and can lead to criminal, disciplinary and other administrative actions.

How can I get help if I think I have a problem? If you think you or someone you know has a drinking problem, contact an addiction counselor for help.

At the Rodriguez Army Health Clinic, we offer military personnel the opportunity to engage in outpatient treatment, to become more educated about the disease and to participate in treatment while accepting responsibility for one's behavior. Contact the ASAP Social Worker and Counselor, Jeniffer Torres, at 787-707-2050.

Tip of the Week

By Miguel A. Ortiz, CPAC

If you are a Retiree or are planning to Retire and have served on Active Duty for any period between January 1957 to December 31, 2001, you may be entitled to receive up to an additional \$1,200 per year in your Social Security compensation.

You qualify for a higher social security payment because of your Military service, for active duty any time from 1957 through 2001 (the program was done away with 1 January 2002). Up to \$1200 per year of earnings credit credited at time of application - which can make a substantial difference in social security monthly payments upon your retirement. You must bring your DD-214 to the Social Security Office and you must ask for this benefit to receive it!

This is something to put in your files for when you apply for Social Security down the road. It is NOT just for retirees, but anyone who has served on active duty between January 1957 to December 31, 2001.

Remember this benefit is not automatic, you must ask for it! For more information, please visit the Social Security web site: <http://www.ssa.gov/retire2/military.htm>

How to Speak Puerto Rican

by Joseph Deliz Hernandez, Esq.

"Un bombo al pitcher"

Literal Translation: A bass drum to the pitcher.

Social Meaning: Something that is easy to do. It's the same as saying "It was as easy as a pie!" Something that was not difficult to decipher and was easily untangled. Something was so simple that even a small child could understand it.

Example: "Esa pregunta fue un bombo al pitcher." (That was a very easy question.)



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U.S. Army Chief of Chaplains Visits Fort Buchanan

By Chaplain Ken Lawson
RSO, Fort Buchanan

Photos provided by RSO



During the week of 12 to 14 March 2010 the Fort Buchanan community was privileged to have as a visitor the Army Chief of Chaplains. Chaplain (Maj. Gen.) Douglas Carver. He was accompanied by his chaplain assistant, Sgt. Maj. Tom Marrero, who is a native of Puerto Rico.

Chaplain Carver's visit was planned and hosted by the 1st Mission Support Command (MSC) located on Fort Buchanan. The 1st MSC Chaplain (Col.) Jacob Goldstein and his Deputy, Chaplain (Maj.) Craig Pache, and their chaplain assistants, coordinated all activities.

On Saturday morning 13 March Chaplain Carver and Sgt. Maj. Marrero had an office call with the Garrison Commander, Col. Edwin C. Domingo, Garrison Chaplain (Lt. Col.) Ken Lawson, and Chaplain Goldstein. That evening, Col. Fernando Fernandez, Commander 1st MSC hosted a dinner in his honor during which Chaplains and chaplain assistants from the garrison and the 1st MSC shared food, gifts and laughs together with Chaplain and Mrs. Carver. The next day the 1st MSC sponsored a Prayer Breakfast with Chaplain Carver as guest speaker. This well attended event was held at the Fort Buchanan Community Club. Chaplain Carver preached, sang and gave testimony of the goodness of God and the stability that is ours when we walk close to the Lord.



The Army Chief of Chaplains supervises several thousand chaplains and chaplain assistants serving worldwide. On Puerto Rico there are combined about 25 chaplains and chaplain assistants serving with the Fort Buchanan Garrison, the 1st Mission Support Command, and the Puerto Rico National Guard. When a chaplain and chaplain assistant are assigned together it is called a Unit Ministry Team (UMT). Chaplain Carver's visit was well received by the UMTs on Puerto Rico. The Garrison Commander, COL Domingo, stated, "Chaplain Carver is the best speaker I have heard at Fort Buchanan."



(Photos clockwise top left) - Chief of Chaplain (Maj. Gen.) Douglas Carver is welcomed to Fort Buchanan by Col. Edwin C. Domingo, Garrison Commander. Official party during their office call with Co. Domingo. Group photo of chaplains and chaplain assistants during the dinner in honor of Chaplain Carver. Chaplain Carver addressing Soldier of the 1st MSC during his visit to their command. The farewell prayer breakfast for Chaplain and Mrs. Carver during which they were presented with a small token of appreciation by the Garrison Chaplain and Mrs. Lawson





Reforestation - A Fort Buchanan Community Annual Activity

By Alicia Navedo
DPW, Environmental Protection Specialist

Photos by Alicia Navedo and Guillermo Santiago



Photos: (top) Gladys Rivera briefing students on the San Juan Bay Estuary Program. (above) Garrison commander Col. Edwin C. Domingo digging a hole to plant the first tree. (below) Col. Domingo speaks to students and highlights the importance of reforesting communities. (bottom) DPW employees Carlos Ortiz and Antonio Maldonado use high-tech equipment to dig holes to plant trees while Yamir Hernandez looks on.



Trees play a primary role in environmental protection by conserving energy, reducing soil erosion, cleaning and replenishing the air and protecting our rivers and streams. Planting native trees will provide habitat for wildlife and beautify our Fort Buchanan Community. Reason enough for the Garrison's Department of Public Works (DPW) and students to reforest an empty lot adjacent to Clerigo Street in the Coqui Gardens Housing area with 24 Almacigo and Maria native trees.

According to the Garrison Integrated Natural Resource Management Plan, Fort Buchanan must maintain a proactive partnership with both Federal and State Environmental Agencies in order to improve the existing habitat which involves the utilization of native plants for landscaping, and improve vegetative buffers. In addition, Fort Buchanan's Ecological Management Plan recommends selecting an area for riparian enhancement as a pilot demonstration project for planting native species and/or endangered species.

The reforestation event on 12 March was organized and coordinated by Alicia Navedo, Environmental Conservation Manager and Anibal Negron, Acting Chief Environmental Division Fort Buchanan DPW Environmental Division with Antilles High School authorities and San Juan Bay Estuary Program Volunteers, a non-profit organization dedicated to the restoration and conservation of the San Juan Bay Estuary.

An estuary is coastal area where fresh water from rivers and other inland water sources mixes with salt water from the ocean. The San Juan Bay Estuary comprises bodies of water which linked by channels, and which cover eight municipalities in the Metropolitan Area.

Gladys Rivera, Estuary Program Coordinator and Gabriel Muriente, estuary restoration project officer provided Honor Society Teacher Mrs. Iliada Sierra and Antilles High School Environmental Science Class students with an orientation of the importance of their program and the need to reforest our surroundings whenever possible to create a healthy environment.

Students were also welcome by Col. Edwin C. Domingo, Fort Buchanan Garrison Commander, who stressed the importance of caring for the environment and the need for these types of community outreach programs. "I want you to understand the importance of this event and to remember that what you do today to promote a healthy environment will impact future generations."

As Domingo planted the first tree he added, "When you someday come back to Fort Buchanan and visit this place, tell those with you, I planted this tree to improve the environment when I was a student at Antilles High School."



Photos: (top) The field to be reforested is ready for tree planting. (above) Anibal Negron and Dereck Stepanoff answer questions from the students regarding the type of trees being planted. (below) DPW employees Yamir Hernandez and Juan Gonzalez complete their task of planting a tree with a big smile. (bottom) The DPW group that made the event possible: Anibal Negron, Dereck Stepanoff, Alicia Navedo Antonio Maldonado Addy Molina, Yamir Hernandez, Ramon Rivera (in vehicle), Juan Gonzalez and Carlos Ortiz.



More on next page.

Reforestation - A High School with Class



Cont. from page 10.

When asked, students like Emanuel Vega and Victor Gonzalez indicated, "This is very important, more events like this are needed in the metropolitan area."

Honor Society student Rebecca Sanchez and Maria Gonzalez consider the event a great opportunity to help the environment and stated, "planting trees helps the environment and we should do more things like this for nature."

All 24 native tree species were planted along with placards to indicate the type of tree, date of event and the name of the student who planted it.

Science teacher Iliada Sierra summed it up perfectly, when she said, "It is Project Based Learning, a new strategy for leaning - more interactive makes science alive."

When trees are planted together, they create forests ... it is in the forest that the ecological impact can be felt.

Forests create natural, healthy, habitats for life, from the bugs, to the snakes, to the birds, to the plants. A healthy forest indicates a healthy Earth ... and a healthy Earth is where we choose to live with health and abundance. Help us increase the vegetative areas of Fort Buchanan!

Here is a collage of photos of the hard work and dedication of these enviromental students, who one tree at-a-time made a difference. **Army Green - Army Strong!**





Student Career Day at Fort Buchanan Antilles Middle School

Story and Photos provided by CYS Staff



Photos depict Garrison Fort Buchanan community employees participating in the CYS Career Day by sharing their experiences and hoping to positively influence these future leaders. They are (top to bottom) Grace H. Meinhofer, Marketing Coordinator; Alicia Navedo, Environmental Protection Specialist; Col. Virginia Yates, Commander Rodriguez Army Health Clinic; and Joseph J. Frattallone, Attorney.



Child Youth Services (CYS) sponsored a Career Day at the Antilles Middle School (AMS) in order to give students the opportunity to hear about careers that they might wish to pursue. The day is filled with lots of excitement as the youth attend three sessions, and have the opportunity to ask questions regarding these professions.

The purpose is to give students a brief overview of a broad range of careers to begin them on their career exploration process that will continue and become more refined in high school.

The AMS Career Day is the students' first exposure to different jobs. The audience was composed of about 141 eighth-graders chose three speakers, all experts in their respective fields, to find out what their jobs entailed.

Students were treated to inside knowledge from a variety of career pathways, including: what a typical day is like, the positives and negatives of specific careers and the variety of pathways one can take within a field of work.

The event provided an opportunity for students to see positive role models for their possible future career paths and to interact with a diverse group of adults outside of their parents and teachers. Moreover, there is nothing like hearing it from the source.



Students pay special attention to the distinguish guests who took time off their jobs to be at AMS during career day. They are (top to bottom) Lt. Col. Javier De Lucca, Air Force Pilot; George H. Roman, Engineer; and Michael Johnson, Business Management, Commissary Assistant Director.

CHILD FIND DAY

Developmental Screenings

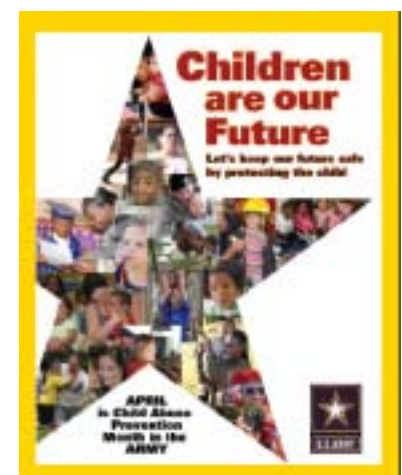
- Do you think your toddler or preschooler is not speaking as he/she should for his/her age?
- Are you concerned that he/she does not play or learn like most children his/her age?
- Can your child crawl, walk, run, and jump like other children his/her same age?

If you are concerned about your child's development, (and your child is entitled to DDESS) and would like more information, bring your infant/toddler/preschooler (0-5 years of age) to the Fort Buchanan Community Club for a developmental screening on:

14 APRIL 2010

from 8:00 AM - 3:00 PM

For more information contact:
 Educational & Developmental Intervention Services (EDIS),
 Department of Defense School System (DDESS) or the
 Exceptional Family Member Program (EFMP) Fort Buchanan, PR
 (787) 707-2165/2167 (EDIS); (787) 707-4681 (DDESS);
 (787) 707-3295 (EFMP)





CSA helps launch...

cont. from page 3

- *Continue efforts to restore balance;
- *Refine of the Army of the 21st century; and
- *Sustain Soldiers, families and civilians.

The Army's top officer said the service has made significant progress in rebalancing itself from the demands and stresses of more than eight and half years of combat – and is moving aggressively to further support Soldiers and families of the all-volunteer force in the expected decade of conflict ahead.

Casey, now in his third year as chief of staff, believes the most important element for putting the Army back in balance is increasing dwell time. As he told a Senate panel in February and the approximately 1,000 people in the San Antonio audience: "What we continue to see ... is the cumulative effects of these deployments."

Studies show, he noted, that two to three years of dwell time is needed to recover from one year of serving downrange. Therefore, the Army has increased dwell time from 12 to 18 months and plans by the end of 2011 for all Soldiers to have two years at home following a year of deployment.

Casey candidly told conference participants that in 2007 the Army was out of balance and could not meet the demands place on it. To rebalance the force by 2011, the Army embarked on a plan based on four imperatives: sustain Soldiers for success in current conflicts; prepare for future challenges; reset the force; and transition to the Army of the future.

But while there has been obvious progress, the general stressed that outcomes of eight plus years of war "will be with us for some time to come."

Looking ahead, Casey said the Army is placing special emphasis on two specific initiatives designed to further strengthen the resilience of Soldiers and families – the Risk Reduction and Suicide Prevention program, and the Comprehensive Soldier Fitness program.

Following up on Casey's speech, Lynch told those in audience – including region directors and staff member, garrison commanders and command sergeants major, and headquarters personnel – that as "unforeseen challenges arise must ask ourselves three fundamental questions: Are we doing the right things? Are we doing things rights? What are we missing?"

As Lynch stated in the campaign plan, "Effective leaders and responsible leaders at all levels must ask these three questions so that we can better focus our resources."

The four-day Installation Management Campaign Plan Roll-Out Conference is being held in conjunction with the Association of the U.S. Army's Institute of Land Warfare Army Installations Symposium and Exposition.

Army Earth Day Expo

By Anibal Negron, DPW

Earth Day is an opportunity for the US Army Garrison, Fort Buchanan to reassert our belief that a strong, healthy environment is important for protecting our future. Just as the Army is working to ensure the stability of its forces, we must also ensure that the environment maintains its balance. As part of a year-round commitment to the environment, Fort Buchanan's Community will join with local and federal agencies, as well as energy and water conservation companies, to celebrate Earth Day on 30 April 2010 from 0900 thru 1500 at the Community Club, Building 660. This year, the theme will be "Renewable Energy and Water Conservation". Activity will include presentations, environmental expositions, special activities for students, energy and water conservation demonstrations, and other community outreach activities. Please join the DPW Environmental Division at the Fort Buchanan Army Earth Day Expo. For additional information, the technical POC for this action is Ms. Alicia Navedo, DPW Environmental Conservation Manager at telephone 787-707-3508 or email at Alicia.navedo@us.army.mil.

Wounded Warriors...

cont. from page 5

Hutchinson, Hauck and his son, Harry, Jr., an Assistant NAUI Instructor. All of Hauck's team were former students of his, except for Karen Vega and John Hutchinson.

Sgt. 1st Class Daniel Garcia and Staff Sgt. Omar Albarran arrived at 9:00 am with two mini-bus-loads of "Warriors". Assisting him were Sgts. Carlos O. Lopez, Wilfredo Maldonado Jr. and Lt. Col. Carmen Pacheco. Hauck introduced himself and his team to the soldiers, and then they split up the "Warriors" into small groups, each led by two volunteer instructors. The participants then waded out into waist-deep water where they were given basic and simple instructions on how to use the snorkeling equipment. After they had mastered the skills, instructors then swam them around the shallow coral and reef areas, letting them view the marine life up close (the water was very clear). They were given zip-lock bags containing bread to hand-feed the small reef fish. A couple of the "Warriors" were fortunate enough to meet "Freddy", a large tame local barracuda, who lives in the lagoon! Hauck, Jr. set up a scuba diving apparatus, and one by one, let the Warriors breathe underwater in the shallows of the beach. They were ecstatic with the scuba experience.

When the water work was done, the Warriors were treated to a lunch spread that CBWTU-PR Cadre had prepared for them on the beach. They had sandwiches, fruit, water, soft drinks, and chips. It was a great experience for the warriors and, also a moving experience

Free Admission To San Juan National Historic Site

By Dilecia Gonzalez
PAO, National Park Service

San Juan National Historic Site will be offering free entrance to the fortifications of Castillo San Cristobal and Castillo San Felipe del Morro during National Park Week, April 17 to 25, 2010. The free entrance coincides with the 40th anniversary of Earth Day. National Park Week was established by the National Park Service and is observed annually in April to help engage families and communities to reconnect with their heritage and nature, and to create opportunities for people to get outside, be active and have fun. Secretary of Interior, Ken Salazar, proclaimed that all 392 national parks will have free admission during National Park Week, April 17 to 25, 2010.

"I encourage people to get out and enjoy their National Park while learning more about the history and heritage of the fortifications Castillo San Cristobal and Castillo San Felipe del Morro. Please come and participate in one of the scheduled tours or educational talks, or walk the Paseo del Morro or just come fly your kite at El Morro," said Superintendent Walter J. Chavez.

San Juan National Historic Site is comprised of Castillo San Felipe del Morro, Castillo San Cristóbal, Fort San Juan de la Cruz (El Cañuelo), the San Juan Gate, Paseo del Morro and most of the City Wall. The park is open everyday from 9:00 AM – 6:00 PM, except on Thanksgiving, Christmas and New Year's Day.

Admission to San Juan NHS is regularly \$3 for adults for one fortification and \$5 for both; those 15 and under is free.

For more information, please call (787) 729-6777 during working hours.

Commemoration of the 1797 British Attack

By Dilecia Gonzalez
PAO, National Park Service



Volunteers drill as Spanish Garrison Soldiers.

San Juan National Historic Site will host a series of activities from April 23 - 25, 2010 to commemorate the 1797 British Attack on San Juan. Under the command of General Ralph Abercromby, in April 1797, the British made a third and final attempt to take Puerto Rico, the coveted Key to the Indies and Gateway to the New World, from Spain. The British were defeated in 13 days, by a meager force of Spanish defenders which included a mix of local recruits and militia, peasants, paroled prisoners and French privateers with the impregnable defense system of Old San Juan behind them.

Living history groups from Puerto Rico, the United States, Canada and Europe representing 18th century Spanish, British, French and German military units will be in San Juan for the commemorative activities which begin on Friday April 23 at 9:30 am with historic black powder firing demonstrations in front of Castillo San Felipe del Morro. The regiments will assemble at 3:30pm Friday to march from El Morro along Calle Norzagaray to Castillo San Cristóbal where Superintendent Walter Chavez will formally welcome the participants. Historic military drill demonstrations will take place Saturday, April 24, throughout the day on the grounds of and inside El Morro. A historic military camp will also be featured on the grounds of El Morro. An interpretive, ranger guided program will be presented on both Friday and Saturday nights in the encampment at 7:30pm. On Sunday, from 9:30-10:30am, a musket firing drill demonstration will take place in the outer defense of Castillo San Cristobal. Additional activities will be held at various locations throughout San Juan on Sunday April 25th.

The public is welcome to attend all commemorative activities which are free of charge. Also entrance fees to the fortifications will be waived from April 17 - 25 for the celebration of "National Park Week" throughout the country.

San Juan National Historic Site is comprised of Castillo San Felipe del Morro, Castillo San Cristóbal, Fort San Juan de La Cruz (El Cañuelo), the San Juan Gate, and most of the City Wall. The site is open everyday, except Thanksgiving, Christmas and New Years Day. Admission to San Juan NHS is \$3 for adults for one fortification and \$5 for both; free for those 15 and under.

For additional information please call (787)729-6777.



Army May Slash 'Warrior Task' Training

By Christian Lowe

The Army is set to cut down on the number of skills it teaches incoming Soldiers at boot camp and further constrain its "onerous" list of required training for all across the force. According to Lt. Gen. Mark Hertling, the Army's chief of initial military training with Training and Doctrine Command, the service has recommended that the list of so-called "Warrior Tasks" be cut from a whopping 32 to 12 and that it further slash the "Battle Drills" required of all Soldiers from 11 to four.

"They've steadily grown over the years and become too onerous and too [specific] to an infantry Soldier instead of a basic Soldier," Hertling told Military.com during a Feb. 24 roundtable interview with military bloggers. "They were something that were not very well known in the force ... and they had become too lengthy."

The Warrior Tasks and Drills --- formalized in 2005 --- followed calls from then-Chief of Staff Gen. Pete Schoomaker in 2003 to make basic training more relevant to current combat operations. The tasks include firing the Army's entire inventory of infantry weapons, including the Mk19 grenade launcher, .50cal machine gun, and M249; being able to call in a medical evacuation flight; knowing how to maneuver in an urban combat environment; react to an unexploded ordnance hazard; and fortify a temporary fighting position.

"If I asked any group of Soldiers to name one of the Warrior Tasks and Drills, they couldn't do it ... even I didn't know them," Hertling added. The tasks and drills were so specific and took so long to even introduce to Soldiers, much less teach to proficiency, that new Joes were suffering from "task overload" and trainers saw a lot of the effort as a waste of time. So in October 2009, a group of 150 drill sergeants, trainers and other Army experts got together to cull the list and determine "what should be the defining tasks --- what should every Soldier be able to do," Hertling said.

The group cut both the drills and the tasks by more than half, including pulling the requirement to be able to shoot the .50cal machine gun and set up a Claymore mine --- skills Army experts deemed irrelevant to the job of many Soldiers in the force.

"The Claymore is sometimes used in Afghanistan, but you would never use it without some additional training," Hertling said. "Yet we were teaching every single Soldier how to use it." With the .50 caliber machine gun training, Hertling said if you looked at the numbers, trainers were "spending an awful lot of time and consuming an awful lot of resources just to give an introduction to something that the great majority of Soldiers would never do again."

The slashed list of tasks and drills has been approved by all division commanders and is now sitting on Chief of Staff Gen. George Casey's desk for final approval, Hertling added. The revamped list was fed into changes in the basic training syllabus which TRADOC officials just completed updating this month.

Some of the basic training changes include the addition of cultural instruction where trainers put wannabe-Soldiers through a scenario in a fictional African country and force them to avoid cultural taboos that could scuttle their mission.

"That seems a little bit fluffy, but it's not," Hertling admitted. "The adaptation to [foreign] cultures will save lives and help them accomplish their mission."

The Army is also moving to scuttle the traditional bayonet training of stabbing dummies with rifle-fixed daggers and veer it more toward the knife fighting end of the spectrum. The courses now include trench fights with padded batons and martial arts-style techniques rather than war cries and flinging straw.

"The skills that Soldiers need in combat are more in tune with fighting with the rifle and fighting with bayonets --- it's just not going to be attached to the end of the rifle," Hertling said. The revamped basic training regimen is expected to be fully implemented by July.

Secretary Seeks Fast Track for New Agent Orange Claims

By VA Public Affairs

WASHINGTON - The Department of Veterans Affairs (VA) announced on March 9, 2010, an aggressive new initiative to solicit private-sector input on a proposed "fast track" Veterans' claims process for service-connected presumptive illnesses due to Agent Orange exposure during the Vietnam War.

"This will be a new way of doing business and a major step forward in how we process the presumptive claims we expect to receive over the next two years," Secretary of Veterans Affairs Eric K. Shinseki said. "With the latest, fastest, and most reliable technology, VA hopes to migrate the manual processing of these claims to an automated process that meets the needs of today's Veterans in a more timely manner."

Over the next two years, about 200,000 Veterans are expected to file disability compensation claims under an historic expansion of three new presumptive illnesses announced last year by Secretary Shinseki. They affect Veterans who have Parkinson's disease, ischemic heart disease and B-cell leukemias.

In practical terms, Veterans who served in Vietnam during the war and who have one of the illnesses covered by the "presumption of service connection" don't have to prove an association between their medical problems and military service. This "presumption" makes it easier for Vietnam Veterans to access disability compensation benefits. Vietnam Veterans are encouraged to submit their claims as soon as possible to begin the important process of compensation.

Along with the publication of proposed regulations for the three new presumptives this spring, VA intends to publish a formal request in Federal Business Opportunities for private-sector corporations to propose automated solutions for the parts of the claims process that take the longest amount of time. VA believes these can be collected in a more streamlined and accurate way.

Development involves determining what additional information is needed to adjudicate the claim, such as military and private medical records and the scheduling of medical examinations.

With this new approach, VA expects to shorten the time it takes to gather evidence, which now takes on average over 90 days. Once the claim is fully developed and all pertinent information is gathered, VA will be able to more quickly decide the claim and process the award, if granted.

The contract is expected to be awarded in April with proposed solutions offered to VA within 90 days. Implementation of the solution is expected within 150 days.

"Veterans whose health was harmed during their military service are entitled to the best this nation has to offer," added Secretary Shinseki. "We are undertaking an unprecedented modernization of our claims process to ensure timely and accurate delivery of that commitment."

Last year, VA received more than one million claims for disability compensation and pension. VA provides compensation and pension benefits to over 3.8 million Veterans and beneficiaries. Presently, the basic monthly rate of compensation ranges from \$123 to \$2,673 to Veterans without any dependents.

Disability compensation is a non-taxable, monthly monetary benefit paid to Veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service.

For more information about disability compensation, go to www.va.gov.

Additional information about Agent Orange and VA's services and programs for Veterans exposed are available at

www.publichealth.va.gov/exposures/agentorange
<<http://www.publichealth.va.gov/exposures/agentorange>>

Value at the Pump

By Grace M. Fuentes
Media Affairs

PUERTO RICO - According to a recent Short-Term Energy Outlook report from the U.S. Energy Information Administration, "the annual average regular-grade retail gasoline price will increase from \$2.35 per gallon in 2009 to \$2.84 in 2010."

Forecasts of increasing energy prices has exchange officials reaching out to drivers to ensure they are aware of the procedures in place to determine pump prices at Fort Buchanan as well as the benefits available to authorized exchange patrons. While overall energy prices are beyond the Army & Air Force Exchange Service's control, their MILITARY STAR® Card, for example, can help curb added expenses and, in turn, save Soldiers money when filling up.

"Anytime a customer uses a bank issued debit or credit card, the retailer pays a portion of the transaction to a third-party financial institution," said the PX's General Manager Rick Mora. "Because the MILITARY STAR® Card is administered by the Exchange Credit Program, our Car Care Center is not subject to the additional fees incurred through other 'pay at the pump' options. As a result, we're able to pass savings on to authorized exchange shoppers by taking a nickel off each gallon dispensed."

In addition to the five cents a gallon savings MILITARY STAR® Card holders enjoy every day, Fort Buchanan Gas Station periodically also offer steeper discounts, up to 20 cents a gallon. Drivers interested in learning more about the MILITARY STAR® Card fuel discount can visit the PX in Building 606 or log on to www.aafes.com and click the MILITARY STAR® Card icon for additional details.

Beyond exclusive discounts, AAFES Car Care Center rely on a survey process to ensure prices are fair and competitive with the local community. Specifically, AAFES conducts daily surveys of at least five locations selling motor fuel, deemed by the local GM to be the competition. Pump prices are then set equal to the lowest price surveyed for each grade of fuel available.

"Because market-based pricing is not contingent on cost, we survey and change prices as frequently as necessary to remain competitive," said Mora. "In fact, even though AAFES is responsible for charging sales tax on gasoline, the surveys can result in prices that are actually even below cost."

Charging sales tax on fuel can raise the eyebrows of shoppers used to the tax-free benefit that the exchange provides on almost everything, except gas.

While it is true that AAFES, as a U.S. government instrumentality, is immune from state and local taxes, the immunity specific to fuel has been waived by Congress (Hayden Cartwright Act, 4 U.S.C. 104). AAFES, and by extension its customers, also pay federal tax pursuant the U.S. code that covers Federal Tax on gasoline (26 U.S.C. § 4081(a)).

Accordingly, AAFES pump prices include state, federal and local motor fuel taxes, as well as underground storage fees, etc. The federal and state taxes, as well as, other applicable fees are included in the price and paid to the appropriate taxing authority.

"Gas pricing is a very complex issue, impacted by world markets, political and economic factors," said Mora. "With that said, we remain focused on delivering the best value possible to drivers at Fort Buchanan." The Army & Air Force Exchange Service is a joint command and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES, please visit our Web site at <http://www.aafes.com/pa/default.asp>.



Fort Buchanan's Preparedness Corner

Are You Prepared for Emergencies or Disasters?



How Much Do You Know About Foodborne Illnesses and Food Allergies? Have you ever wonder why you get sick after eating certain foods? Maybe the food you ingested was bad, contaminated or simply you are allergic to it. Hopefully this article will help you get a clear notion of why this may had happen to you.

Foodborne Illnesses - Each year, millions of people in the United States and thousands in Puerto Rico get sick from contaminated food. Common culprits include bacteria, parasites and viruses.

The symptoms look similar to the flu. Foodborne illness symptoms range from mild to serious; they include:

- upset stomach
- abdominal cramps
- nausea and vomiting
- diarrhea
- fever
- dehydration

Thousands of types of bacteria are naturally present in our environment. Not all bacteria cause disease in humans. For example, some bacteria are used beneficially in making cheese and yogurt.

Harmful bacteria are the most common cause of foodborne illness. Bacteria that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. Most cases of foodborne illness can be prevented. Proper cooking or processing of food destroys bacteria.

Age and physical condition place some persons at higher risk than others, no matter what type of bacteria is implicated. Very young children, pregnant women, the elderly and people with compromised immune systems are at greatest risk from any pathogen. Some persons may become ill after ingesting only a few harmful bacteria; others may remain symptom free after ingesting thousands.

How Bacteria Get in Food - Bacteria may be present on products when you purchase them. Raw meat may become contaminated during slaughter. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood, and eggs are not sterile. Fruits and vegetables may become contaminated when they are growing or when they are processed. But it can also happen in your kitchen if you leave food out for more than 2 hours at room temperature.

Foods, including safely cooked, ready-to-eat foods, can become cross-contaminated with bacteria transferred from raw products, meat juices or other contaminated products, or from food handlers with poor personal hygiene.

The "Danger Zone" - Bacteria multiply rapidly between 40 °F and 140 °F. To keep food out of this "Danger Zone," keep cold food cold and hot food hot.

- Store food in the refrigerator (40 °F or below) or freezer (0 °F or below).
- Cook food to a safe minimum internal temperature.
 - Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
 - All cuts of pork to 160 °F.
 - Ground beef, veal and lamb to 160 °F.
 - All poultry should reach a safe minimum internal temperature of 165 °F.
- Maintain hot cooked food at 140 °F or above.
- When reheating cooked food, reheat to 165 °F.

Food Allergies - Food allergy is an abnormal immune response to certain food(s) that the body reacts to as harmful. Risk factors associated with food allergy include: family history of asthma and allergies, genetic predisposition to allergic disease, elevated allergen-specific serum immu-

noglobulin levels, and being younger than 3 years of age. There are eight foods that account for 90% of all food-allergy reactions cow's milk, egg, peanut, tree nuts (for example, walnuts, pecans, almonds, and cashews), fish, shellfish, soybeans, and wheat. Combined, food allergies cause 30,000 cases of severe allergic reaction or anaphylaxis, 2,000 hospitalizations, and 150 deaths annually.

Symptoms of Food Allergy - Symptoms of a food-allergy reaction can be sudden and severe and commonly include one or more of the following:

- hives
- tingling in the mouth
- swelling in the tongue and throat
- difficulty breathing
- abdominal cramps
- vomiting or diarrhea
- eczema or rash
- coughing or wheezing
- loss of consciousness
- dizziness

In Case of Suspected Foodborne Illness or Food Allergies:

- Preserve the evidence. If a portion of the suspect food is available, wrap it securely, mark "DANGER" and freeze it. Save all the packaging materials, such as cans or cartons. Write down the food type, the date, other identifying marks on the package, the time consumed, and when the onset of symptoms occurred. Save any identical unopened products.

- Seek treatment as necessary.

◦ Foodborne. If the victim is in an "at risk" group, seek medical care immediately. Likewise, if symptoms persist or are severe (such as bloody diarrhea, excessive nausea and vomiting, or high temperature), call your doctor.

◦ Allergies. Some types of mild food allergies are treatable with an antihistamine or bronchodilator. Severe, or anaphylactic reactions, require epinephrine. At present, there is no cure for food allergies. The best method for managing food allergies is prevention by way of strict avoidance of any food that triggers a reaction.

• Call the local poison control center at 787-777-2770 if the suspect food was served at a large gathering, from a restaurant or other food service facility, or if it is a commercial product. You can also call 1-800-222-1222 which is the National Poison Center Hotline. If calling from a cellular phone your call will be directed to the poison center in the state in which your phone area code is registered.

• Call the USDA Meat and Poultry Hotline at 1-888-674-6854 or send Email to:

mphotline.fsis@usda.gov if the suspect food is a USDA-inspected product and you have all the packaging.

Where to Find Additional Information

• Centers for Disease Control and Prevention (CDC)
◦ Foodborne - http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm

◦ Allergies - <http://www.cdc.gov/HealthyYouth/foodallergies/>

• U.S. Department of Agriculture - http://www.fsis.usda.gov/Fact_Sheets/Foodborne_Illness_What_Consumers_Need_to_Know/index.asp

• FoodSafety.Gov - <http://www.foodsafety.gov/poisoning/causes/index.html>

• National Institute of Diabetes and Digestive and Kidney Diseases - <http://www.nlm.nih.gov/medlineplus/foodborneillness.html>

Fort Buchanan Emergencies

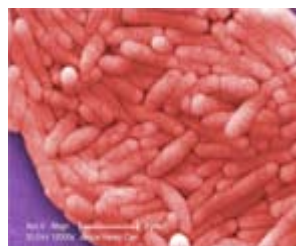
- Police Desk 787-707-3337
- Fire Department/Ambulance 787-707-5911
- Rodriguez Army Health Clinic 787-707-2587
- Installation Operation Center 787-707-3287, 3249 or 3395 (Mon thru Fri)
- On Post Emergency Services 787-707-4911
- Civilian Emergencies
- Emergencies 911
- State Emergency Management Agency 787-724-0124

- State Fire Department 787-343-2330 /788-2330
- State Emergency Medical Services 787-754-2550
- State Police Department 787-343-2020 /793-1234

News and Media you should monitor for information

- WKAQ TV Channel 2
- WAPA TV Channel 4
- WLII TV Channel 11
- WUNO Radio 630 AM
- WAPA Radio 680 AM
- WOSO Radio 1030 AM

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.



Bacteria and Viruses -

Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.



Parasites -

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common foodborne parasites are protozoa, roundworms, and tapeworms.



Mold, Toxins, and Contaminants -

Most food poisoning is caused by bacteria, viruses, and parasites rather than toxic substances in the food. But, some cases of food poisoning can be linked to either natural toxins or chemical toxins.



Allergens -

Food allergy is an abnormal response to a food triggered by your body's immune system. Some foods, such as nuts, milk, eggs, or seafood, can cause allergic reactions in people with food allergies.



Academy Women to Become First Female Submariners

By Lisa Daniel
American Forces Press Service

WASHINGTON - Female sailors will begin serving on submarines by the end of next year, with Naval Academy graduates leading the way, Navy leaders told a Senate committee yesterday.



Navy Secretary Ray Mabus told the Senate Armed Services Committee that the Navy is in a good position to move forward with integrating women onto submarines.

"We think we learned a lot about integrating women in

the services years ago, and those lessons are relevant today," Mabus said. Those lessons, he said, include having a "critical mass" of female candidates, having senior women to serve as mentors, and having submarines that don't require modifications: the SSBN ballistic missile and SSGN guided-missile subs.

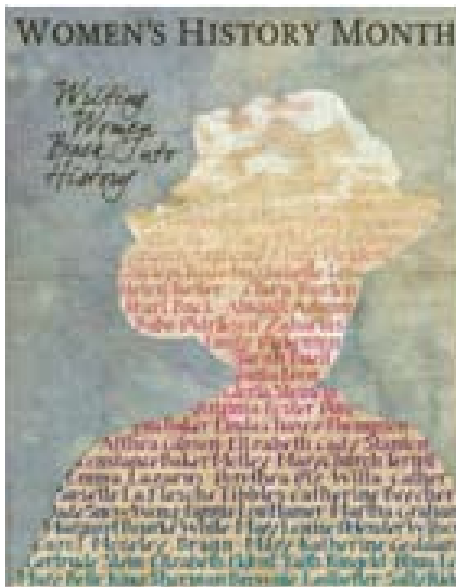
Finally, Mabus said, "We have the lesson learned to make sure any questions are answered, ... and we're very open and transparent on how we'll do this. We think this is a great idea that will enhance our warfighting capabilities."

Defense Secretary Robert M. Gates notified Congress on Feb. 19 of the intended change to Navy policy. Mabus had pushed for the change since taking office in May. Adm. Gary Roughead, chief of naval operations, endorsed the change, saying in a statement released in September that his experience commanding a mixed-gender surface-combatant ship makes him "very comfortable" integrating women into the submarine force. The Navy changed its policy to allow women to serve on combatant ships in 1993.

"We have a great plan, and we're ready to go for the first women to come aboard in late 2011," Roughead told the Senate committee yesterday. In a prepared statement to the committee, he said the change would enable the submarine force "to leverage the tremendous talent and potential of our female officers and enlisted personnel."

Besides the incoming officers from the academy, the first women submariners will include female supply corps officers at the department head level, Roughead said. The change will be phased in over time to include enlisted female sailors on the SSBN and SSGNs, he said. Women will be added to the Navy's SSN fast-attack submarines after necessary modifications can be determined, he said.

"This initiative has my personal attention, and I will continue to keep you informed as we integrate these highly motivated and capable officers into our submarine force," Roughead told the committee.



Military Steps Up Battle Against Sexual Assault

By Jim Garamone
American Forces Press Service

WASHINGTON - The military is addressing the problem of sexual assault, but more needs to be done, officials acknowledged in testimony before the House Oversight and Government Reform Committee yesterday.

Kaye Whitley, chief of the Defense Department's sexual assault prevention and response office, Louis Iasiello, the co-chair of the Defense Task Force on Sexual Assault in the Military Services, and Brig. Gen. Sharon K.G. Dunbar, Air Force director of force-management policy and deputy co-chair and member of the task force, briefed the committee on progress to date and what remains to be done.

Iasiello, a retired Navy rear admiral, said the task force visited 60 installations around the world and interviewed more than 3,500 people, including 61 victims of sexual assault. The people ranged from military police to prosecutors to victim-rights advocates to medical personnel. The task force also spoke with leaders and commanders at all levels. The group presented its report to Defense Secretary Robert M. Gates on Dec. 1.

"The report recognizes the progress [the Defense Department] has made in victim response since it inaugurated its sexual assault prevention and response program in 2005," Iasiello said.

He detailed some of the task force's conclusions and how they affect the Defense Department. The group recommended that the deputy secretary of defense take responsibility for the sexual assault prevention and response office for at least a year or until the defense secretary assures Congress that the office is meeting its goals. The task force also recommends that the office become permanent and that reporting requirements, terminology and treatment be standardized across the services.

Another recommendation calls for victim advocates to

receive training to meet national accreditation standards. The advocates should be Defense Department civilians or uniformed personnel, and not contractors, Iasiello said.

The task force also recommended more research into sexual assault prevention and response to ensure the best practices are in place throughout the services.

Dunbar stressed that prevention should be the No. 1 priority for the sexual assault prevention and response office. She complimented the Army for its program and said the rest of the services are following that lead. "Treatment of victims has demonstrably improved, but much more needs to be done in that area," she said.

The general called for more consistency among the services, given the prevalence of joint operations. She said more consistency is needed between the active and reserve components, but admitted that not enough research or data are available to prove that need.

And the sexual assault prevention and response office itself needs to expand, Dunbar said. "It was founded to address victims' issues," she explained, "but it needs to address prevention and data accountability and consistency."

Prevention is key, and it needs to include bystander intervention and community awareness, Dunbar said. She said training to prevent sexual assault needs to be a continuum, and that military personnel should receive this training at various key points in their careers. Prevention, she said, needs engaged leadership and increased awareness and candid discussion at all levels.

This is an important initiative, Whitley said. "Sexual assault levies a tremendous human toll, disrupts lives and destroys the human spirit," she said. "We have made progress, but we know we have much more to do."

New Webcams at Portugues Dam

By COE Jacksonville PAO

JACKSONVILLE, Fla. -- Streaming video via Webcams at the Portugues Dam construction site in Ponce, Puerto Rico is now available 24 hours a day, seven days a week. Viewers may observe hundreds of local workers taking part in the building of this historic project facilitated by the U.S. Army Corps of Engineers with the support of the Department of Natural and Environmental Resources of Puerto Rico, the local sponsor.

Watch as enormous equipment pulverizes rock and powerful blasts of water clean the future foundation. Get a bird's eye view of the roller compacted concrete (RCC) batch plant and its components, including sand, cement, fly ash, and coarse aggregates silos, dozens of conveyors, heavy equipment and much more.

Webcams from four different points of view will operate until the dam is complete, giving viewers an opportunity to track progress. In a few weeks, viewers will witness the dam foundation excavation and preparation, consolidation and specialty grouting, river diversion and care of water process, concrete aggregates production, concrete batching and placement, RCC test section process, and valve house foundation work. In a few years, viewers will be able to witness the official ribbon-cutting ceremony online.

"These Webcams will help ensure that virtually anyone with a computer and Internet connection can safely and frequently view construction developments at the dam," said Alberto Gonzalez, Portugues Dam project manager and a professional engineer with the Jacksonville District, U.S. Army Corps of Engineers.

A local, minority-owned small businesses developed a web cam solution that fit the challenges of the Portugues

Dam project, such as lack of electrical power, limited communication and harsh topography.

"We expect the project's neighbors, as well as students and professionals around the world who are interested in this historic dam to access these Webcams and learn more about the construction," said Pablo Vazquez-Ruiz, resident engineer on the project and a professional engineer with the Jacksonville District.

When completed in 2013, the dam will provide flood damage reduction benefits for nearly 40,000 people, more than 13,000 residential structures, as well as valuable commercial and municipal structures in the city of Ponce. Experts anticipate the Portugues Dam will prevent loss of between \$300 and \$500 million during a "100-year storm" event, a term scientists use to describe storms of such an intense magnitude, that they have a one in 100 chance of happening in any given year. The dam will be almost 220 feet high and 1,230 feet long, with a maximum storage capacity of almost 9,500 acre-feet of water. Construction will require placement of more than 350,000 cubic yards of roller compacted concrete.

The estimated \$375 million dam is the first single-centered RCC thick arch dam constructed by the Corps in the United States and its territories. The Portugues Dam is the final component of the entire Portugués and Bucana flood risk management project (P&B) in Ponce, Puerto Rico.

To access the Webcams, please go to <http://portugues-damwebcam.org/>

For more information about the Portugues Dam, please go to <http://www.saj.usace.army.mil>, and click on the Portugues Dam link under "Popular Pages."



Dry eye affects women, those in some deployed locations

By Wendy LaRoche, Health Education
U.S. Army Public Health Command, Provisional

Have you experienced a stinging, burning or scratchy sensation in your eyes? Have you ever had stringy mucus in or around your eyes, increased eye irritation from smoke or wind, eye fatigue after short periods of reading? Perhaps you've noticed light sensitivity, tearing, blurred vision or a sense that a foreign substance is in your eyes.

If so, you may have dry eyes.

Dry Eye Syndrome is a common disorder that affects a large part of the population, mostly women and those over age 40. However, due to environmental conditions at military installations and deployment locations, service members may also be at risk for DES.

This condition results when there is an imbalance in the tear system. Tears are a mixture of saltwater, fatty oils and mucus. Together these three layers form a film that lubricates the eyes between blinks, resulting in comfortable and clear vision. When these three layers are not performing properly, dry eyes may result. Decreased production of fluids from tear glands can destabilize the tear film, allowing it to break down and create dry spots on the surface of the eyes.

Dry eyes can also occur when individuals cannot produce enough tears to keep their eyes lubricated or when there is excessive tear evaporation. Other factors that have been associated with dry eyes are adverse reactions to medications such as antidepressants, antihistamines and oral contraceptives. Exposure to environmental conditions that have a drying effect can also increase the risk for dry eyes.

Although no cure exists for DES, many treatments are available. Seek medical advice if you experience prolonged symptoms of dry eyes such as red, itchy, tired and painful eyes. Treatment is based on identifying the reasons for the dry eye condition which involves an assessment of the quantity and quality of your tears.

If DES is diagnosed, your healthcare provider may use artificial tear drops, ointments, silicone plugs, prescription eye drops or other medications to alleviate the symptoms.

Properly taking care of your eyes through eye therapy is another way to diminish the effects of DES. Below is a list of ways to take care of your eyes, regardless of whether or not you have DES:

- Schedule routine eye examinations.
- Give your eyes proper rest and relaxation time.

Take frequent breaks after reading or watching television for long periods of time by closing your eyes for three to five minutes.

- Blink more when your eyes feel tired or irritated.
- Avoid excessive air movement. Reduce the speed on ceiling fans, hair dryers and car heaters.
- When possible, use a humidifier when there is a lack of moisture in the air.

- Avoid looking directly in the sun and rubbing your eyes.

- Wear proper eye wear (sunglasses) when in the sun.

For more information on DES, consult your healthcare provider and/or ophthalmologist.

Colorectal cancer awareness for Soldiers

By E. Wayne Combs, Ph.D., RN
U.S. Army Public Health Command, Provisional

In the United States, colorectal cancer is the fourth most common cancer in men, after skin, prostate and lung cancer. It is also the fourth most common cancer in women, after skin, breast and lung cancer. And it's the second leading cause of all cancer deaths.

The risk of colorectal cancer increases with age. Other risk factors include a high fat intake, a family history of colorectal cancer and polyps, the presence of polyps in the large intestine, and chronic ulcerative colitis.

The colon is the part of the digestive system where the waste material is stored. The rectum is the end of the colon next to the anus. Together, they form a long, muscular tube called the large intestine or bowel. Tumors of the colon and rectum are growths that start on the inner wall of the large intestine.

Doctors are certain that colorectal cancer is not contagious (a person cannot catch the disease from a cancer patient). Symptoms of colorectal cancer include fatigue, weakness, shortness of breath, change in bowel habits, narrow stools, diarrhea or constipation, red or dark blood in stool, weight loss, abdominal pain, cramps, or bloating.

When colon cancer is suspected, either a lower GI series (barium enema X-ray) or colonoscopy is performed to confirm the diagnosis and to localize the tumor. A barium enema involves taking X-rays of the colon and the rectum after the patient is given an enema with a white, chalky liquid containing barium.

In a colonoscopy, the doctor inserts a long, flexible viewing tube into the rectum and inspects the inside of the colon. Colonoscopy is generally considered more accurate than barium enema X-rays, especially in detecting small polyps.

If colon polyps are found, they are usually removed through the colonoscope and sent to a pathologist to check for cancer. While the majority of the polyps removed through colonoscopes are not cancer, many are precancerous. Removal of precancerous polyps prevents them from developing into cancerous tumors.

Unfortunately, colon cancers can be far advanced before they are detected. The most effective prevention of colon cancer is early detection and removal of precancerous colon polyps before they turn cancerous.

The U.S. Preventive Services Task Force recommends routine screening in men and women 50 years or older. People who are at a greater risk of colorectal cancer should talk with their doctor about whether to have screening tests before age 50, what tests to have, the benefits and risks of each test, and how often to schedule appointments. Even in cases where cancer has already developed, early detection still significantly improves the chances of a cure by surgically removing the cancer before the disease spreads to other organs.

Note:

Select missions of the U.S. Army Center for Health Promotion and Preventive Medicine and the U.S. Army Veterinary Command are being integrated to form the core of the U.S. Army Public Health Command. Creation of the USAPHC will enhance comprehensive health and wellness in USAPHC's populations and optimize public health support to the Army. In phase 1 of the integration, the current phase, USACHPPM became the USAPHC (Prov). In phase 2, scheduled to begin Oct. 1 the USAPHC (Prov) will achieve initial operational capability.

Mild TBI symptoms variable have multiple causes

By Marcie Birk, Health Systems Specialist
U.S. Army Public Health Command, Provisional

Concussion is the most common traumatic brain injury, according to the Centers for Disease Control and Prevention. The signs of concussion, clinically known as mild traumatic brain injury or mTBI, are variable and can be subtle. A person may have a loss of consciousness and amnesia, or may only feel like "you got your bell rung" or see stars and feel dazed with no other symptoms.

Because concussions can present in so many different ways, they are as difficult to detect on the battlefield as they are on the football field. TBI occurs when a blow or jolt to the head or a penetrating head injury disrupts the function of the brain. Traumatic brain injuries are most commonly caused by falls, motor vehicle crashes, being struck by/against something, and assaults. Blasts are the leading cause of TBI for active-duty military personnel in war. The severity of a TBI may range from "mild" (in other words, a brief change in mental status or consciousness) to "severe" (an extended period of unconsciousness or amnesia after the injury).

The Defense and Veterans Brain Injury Center indicates that 33 percent of patients who needed medical evaluation for battle-related injuries at Walter Reed Army Medical Center in 2008 had traumatic brain injury. The percentage breakdown for the Army is as follows:

- Mild, 89 percent
- Moderate, 5 percent
- Severe, 3 percent
- Penetrating, 3 percent

Not all blows or jolts to the head result in a TBI. It is possible to be exposed to blast and have no injury. However, Soldiers who are exposed to blasts or any possible cause of concussion should seek care as soon as possible after the injury.

Early medical intervention is key to making an accurate diagnosis and initiating treatment. This is particularly important during military operations because multiple concussions within a short period, before the brain has had time to recover from the last injury, can cause more severe deterioration than might have occurred with a single injury.

If care is sought too long after the injury, the healthcare provider must rely on the Soldier's recall of the event to make the diagnosis of concussion. Then, it is even more difficult to determine if the symptoms the Soldier is experiencing are as a result of the concussion or another condition. Therefore, it is important to see a healthcare provider as soon as possible after the event.

The primary treatment for concussions includes protection from sustaining a second injury before the brain heals, education about what concussion is and what to expect during recovery, and reassurance.

For people diagnosed with a mild traumatic brain injury, the following general tips can aid in recovery:

- Get lots of rest. Don't rush back to daily activities such as work, training or vigorous sports activity, as these can make symptoms worse. Recovery from concussions can take several weeks.
- Avoid doing anything that could cause another blow or jolt to the head.
- Ask your healthcare provider when it's safe to drive a car, ride a bike or use heavy equipment, because your ability to react may be slower after a brain injury.
- Take only the drugs your healthcare provider has approved, don't drink alcohol until your doctor says it's OK.

For more information about traumatic brain injury, visit these Web sites: <http://www.pdhealth.mil/TBI.asp>



PRimeros in the News

Stories and Photos by Sgt. 1st Class Alfonso Flores. PAO, 1st MSC

Sexual Assault Review Board



The 1st Mission Support Command (MSC) conducted a Sexual Assault Review Board (SARB) on 10 March 2010. These boards review the Command's Prevention Program, sexual assault incidents, system accountability and victim access to quality services. The Command conducts a board on quarterly basis regardless the existence of a reported case or not. The SARB members consist of a chairperson, sexual assault prevention coordinator (SARC), CID agent, Chaplain, Provost Marshal, Health Readiness Coordinator, Staff Judge Advocate and recorder. The 1st MSC's goal is to promote and provide a safe environment for every Soldier assigned to the Command and to properly take care of those who become victims of this type of crime. Ms. Norma E. Rivera is the 1st MSC SARC, responsible for all matters pertaining to the Sexual Assault Prevention and Response Program. The SARC is the person responsible to assist Soldiers that are victims of a sexual assault incident. Soldiers can contact the SARC at 787 707-4160 and 787 567-0214.



First Certified Counselors



(L to R) Staff Sgt. Ortega; Sheila E. Dorsey, Chief, Retired Pay Branch, Human Resources Command; Mercedes "Meche" Torres, 1st MSC Human Resources Specialist and Retirement Services Coordinator; and Steve Welch, Chief, Transition and Separations Branch, Human Resources Command.



In order to continue improving services to our Soldiers, the 1st MSC now has five Reserve Component Survivor Benefit Plan (RCSBP) and Survivor Benefit Plan (SBP) Counselors available in the different SRPCs around the island to provide counseling and assistance to their units, Soldiers and their Families.

They will provide counseling to service members who are close to complete 20 years of qualifying service for retirement, soldiers who received their 20/15 year letters or soldiers whose status change, such as; married, divorced, or had a child. There are some decisions that soldiers under these categories must make that can seriously impact their retirement.

The RCSBP/SBP points of contact are as follows:
Mercedes Torres "Meche", Retirement Services Coordinator, HQ, 1st MSC, 787-707-4965, or 948-1115
Luis Camacho - SRPC NORTH - 787-707-4199
Jose Colon - SRPC SOUTH - 787-837-1364 x222
Walter K. Isaac - SRPC EAST - 787-534-0959
Yadira Bonilla - SRPC WEST - 787-890-1045 x250, or 787-890-5985.

The above mentioned personnel are the first ones in the U.S. Army Reserve in getting certification at the Army level worldwide.



Chaplains (Col.) Jacob Z. Goldstein (left) and Soldiers of the Army Reserve with U.S. Army Chief of Chaplains (center) Chaplain (Maj. Gen.) Douglas L. Carver during his visit to one of the units of the 1st Mission Support Command.

1st MSC Best Warrior Competition Board



The 1st Mission Support Command congratulates all the participants at the 1st MSC Best Warrior Competition Board, held 25 March 2010. This competition began at 0530 hrs with an APFT for all participants, demonstrating their physical stamina. At 1300 hrs the Board began at the 1st MSC Command Conference Room. Participants were questioned about different "Soldiering" topics, that went from Military Justice to PMCS. Participants were knowledgeable and ready to go for more, demonstrating once more that the 1st MSC Soldiers are well prepared in all military areas. The following list shows the Soldiers who participated in the BWC and chosen as the best:

SSG Santiago Sammy - 268th TC -----NCO winner
PFC Jennisa Galindez - 301st MP ----Enlisted winner
SGT Antonio Fuminaya - 973rd QM --- NCO Alternate
SPC Carlos Diaz - 475th Eng -----Enlisted Alternate
SSG Antonio L. Reyes - 35th SC Bn ----- Participant
PFC Carlos Perez - 35th SC Bn ----- Participant
PFC Jose Camacho - 77th Bn ----- Participant



(L to R) Staff Sgt. Santiago Sammy from the 268th Transportation Co. winner of the NCO category and Pvt. 1st Class Jennisa Galindez from the 301st Military Police Co. winner of the Enlisted category.

PRimeros in the News

Stories and Photos by Sgt. 1st Class Alfonso Flores
 PAO, 1st Mission Support Command

613th Military Police Company Shines in Italy

How does having to spend 24 days in Italy for a part-time job sound? Exactly! It sounds great and that is how the members of the Army Reserve's 613th Military Police Company felt when they were told that their annual training was going to be in Italy. This motivated group of 32 soldiers was recently assigned to augment the Directorate of Emergency Services for the United States Army Garrison in Vicenza, Italy. Their mission was to protect the Garrison personnel, equipment and facilities against any criminal, terrorist or fire threat. The MP's of the 613th are used to doing their duties just about anywhere in the world, so all they had to do was learn different traffic laws, get licensed to drive in Italy and adapt to a colder climate. All challenges were met and a very pleased Maj. Jeff Bergmann, Director of Emergency Services, praised the excellent and professional work our MP's did for the Vicenza community. "Our doors are opened for future missions for this outstanding group". "This is the 3rd rotation that comes to Vicenza for annual training and the first group of Soldiers to receive a Command award in recognition for their exceptional work".

Sgt. 1st Class Jaime Hernandez, acting first Sergeant for the 613th, felt like a proud father as he herd from all echelons the good work his soldiers were doing. The Soldiers felt even prouder when Col. Fernando Fernandez, 1st Mission Support Commander visited to congratulate them on a job well done. Later, Fernandez joined them in the Vicenza's mess hall for a delicious lunch. By the way, lunch was not your every day meal, in honor of our Soldiers, the menu was "arroz con gandules", "empanadillas de carne" and "tostones", so they could feel right at home!

When asked about his experience in Italy, Sgt. Luis Ramos said, "This was good training for me". It was different and you had the opportunity of working directly for the Provost Marshall Office and it was a great learning experience. Also he said that it felt good when Puerto Rican active duty Soldiers stationed at Vicenza would recognize the "Garita" patch on his uniform and would come to talk to him about home. Ramos was motivated to join the Army Reserve because he was brought up by his grandfather, a veteran from WWII and the Korean conflict. He proudly said that his grandfather was a two Purple Heart Medal recipient for wounds he received by a grenade. Ramos's grandfather died a few years ago at the age of 96 and we give our respects and a final salute to this veteran warrior.

Cpl. Hector Alvarado, also a Reservist with the 301st Military Police Company and a social worker for the PR Department of the Family in his civilian job, said, "This was an experience I would never forget." He thanks his Non-Commissioned Officers for giving him responsibilities of higher ranks because that's the way he can become a better military policeman and a better Soldier. This dedicated citizen warrior joined the Army Reserve 4 1/2 years ago because it was in his blood. He indicated, "As a kid, while watching war movies, I felt that it was my patriotic duty to join the Army and I did."

Sgt. Luis Perez, a Social Security worker for 15 years in Bayamon said, "This is a great opportunity for our unit to show how capable we are to do their war time mission and at the same time, it was great to learn about a different culture." He added, "Who would have thought 21 years ago when I joined the US Army Reserve because it was good to have some extra cash in my pocket while attending college, that I would later go around the world as a Soldier."

Pvt. 1st Class Melissa Crespo said that this was a great experience and a very challenging one. This young Soldier, with only seven months in the US Army Reserve, is a full time student and had to do all of her college

work on line during her free time. "Studying to become a professional, traveling around the world and fighting to protect our nation's freedom, how's that for versatility," she stressed.

The excellent performance of these Soldiers is a reflection of the professionalism, dedication and skills of the members of the Army Reserve 1st Mission Support Command and continues the long tradition of outstanding service of Puerto Ricans in the U. S. Armed Forces.



Above: (L to R) Pvt. 1st Class Maria E. Rodriguez Santiago, Spec. Francisco Pereira Rivera and Spec. Hector O. Rodriguez Ortiz during a routine patrol in Vicenza, Italy. **Below:** 613th MP Co. Soldiers at Vicenza, Italy.



Coin for Excellence



Gen. Ann E. Dunwoody, Commanding General of the Army Materiel Command and a Fort Belvoir, Va., resident, speaks with Staff Sgt. Solmarie Ramirez (center), the non-commissioned officer in charge of asset visibility for the 13th Sustainment Command (Expeditionary) and a San Juan, Puerto Rico, native, after presenting her with the general's coin for excellence and commitment to her mission. The ceremony was held at the 13th ESC Joint Operation Center, March 20th at Joint Base Balad, Iraq. Mobilized Soldiers of the 210th RSG, attached to the Command in Joint Base Balad, Iraq are recognized for excellence during the visit of Gen. Dunwoody. This caption hit the front page of the local newspaper in Balad, Iraq "The Expeditionary Times" Our congratulations for their excellent work.

Community Outreach



Again, members of the 448th Engineer Battalion and 471st Engineer Co., provided qualified manpower and equipment needed to support the outreach project in the community of Villa del Mar in Santa Isabel, PR. This project started as an initiative of the "Instituto Socio Economico Comunitario" (INSEC), a non profit corporation created under the law of the Commonwealth of Puerto Rico in 1985. The mission for this corporation is to promote and facilitate tools to overcome indigence by means of lending services to assure economical and social self-sufficiency to individuals, families and communities of low income. INSEC and the 1st MSC became a task force that provided the help needed to renovate the Villa del Mar community center. Renovation consisted of electrical and plumbing repairs and some concrete work around the structure. Also, the play ground area needed reconstruction along with the perimeter fence performed with the assistance of the community. Community members gathered to welcome and give thanks to Col. Fernando Fernandez, Commander 1st MSC and the Honorable Enrique Questell Alvarado, Mayor of Santa Isabel, who were present for the inauguration of the center. Photos of Soldiers working on project.



Col. Fernando Fernandez, Commander 1st MSC presents Ricardo Rodriguez Luna, a seventh grader of the Villa del Mar community, with a "Garita" patch for getting involved and painting the centers perimeter fence.

Chief of Chaplains Visits the 1st MSC



(L to R) Chap. (Col.) Jacob Z. Goldstein, Chaplain, 1st MSC presents a plaque to Chap. (Maj. Gen.) Douglas L. Carver, U.S. Army Chief of Chaplains and Sgt. 1st Class Juan Bruno Otero.

For the 1st Mission Support Command, the March Battle Training Assembly was one for the history books. At the invitation of Chap. (Col.) Jacob Z. Goldstein, Command Chaplain, 1st MSC, on March 13, with the arrival of the U.S. Army Chief of Chaplains, Chap. (Maj. Gen.) Douglas L. Carver, the command had the distinct privilege of welcoming and hosting his first official visit to Puerto Rico.

The day began with Chap. Carver visiting the Soldiers of the 973rd Quartermaster Company where he spent an hour speaking about the importance of spiritual resilience during the protracted war on terrorism. Later, he was escorted to the Fort Buchanan Garrison Headquarters for a briefing by Col. Edwin C. Domingo, Garrison Commander and Chap. (LTC) Kenneth Lawson, Installation Chaplain.

That evening, Chap. and Mrs. Carver met with Col. Fernando Fernandez, Commander 1st MSC, and with members of the 1st MSC and Fort Buchanan Unit Ministry Teams (UMTs). After enjoying a sampling of traditional Puerto Rican fare and the inspiring music ministry of Kathyna Rivera, wife of Chap. (1LT) Evelio Rodriguez, 346th Transportation Battalion, Carver spoke to the UMT's and their Families about the importance of spiritual resilience and thanking both UMTs and their Families for their outstanding religious support to our Soldiers. During this event,

Lawson presented Chap. and Mrs. Carver with some welcome gifts.

On Sunday morning, Soldiers, distinguished guests and Family members gathered at the Fort Buchanan Community Club for the 1st MSC Commander's Prayer Breakfast. After breakfast, the guests were spiritually nourished by an encouraging message from Carver. Using Psalm 39 as a starting point, he encouraged listeners by stating that if God is the strength of your life, then God will sustain you, give you security and grant you satisfaction.

At the conclusion of the Prayer Breakfast, Chap. Goldstein presented him with a plaque with a photo of the Garita, and two religious support medallions given to deploying and redeploying Soldiers of the 1st MSC, as a token of appreciation for his visit to the command. Carver later met with Fernandez and Cmd. Sgt. Maj. Marcial Felix for the command briefing.

Chaplain Carvers official visit culminated as it began, meeting with Soldiers. He briefly met with the 1st MSC Headquarters and Headquarters Detachment Commander Capt. Heriberto Luna and 1st Sgt. Ariel Feliciano. Upon conclusion of their meeting, both Soldiers were presented with a Chief of Chaplains coin. The 1st MSC Command Chaplain extends a heartfelt "Thank You" to everyone who ensured "mission success" of this historic visit.



Chaplain Douglas L. Carver, U.S. Army Chief of Chaplains delights the crowd with a beautiful Christian hymn as Pvt. 1st Class Sigfredo Valdes holds the microphone.

Leadership Course



On 26 March 2010, 20 Soldiers from the 1st Mission Support Command graduated from the Unit Prevention Leadership Course at Roosevelt Roads, Ceiba. Navy Activity Base Commander Daniel Kalal and Mr Carlos Fuentes provided the certificates to each Soldier during the graduation ceremony. These Soldiers are now qualified to support the Army Substance Abuse Program (ASAP) with specimen collections, prevention training and assist Unit Commanders with the implementation of the program and assistance with positive cases. This type of training is provided throughout the year to ensure each unit has a qualified UPL to maintain an effective Drug and Alcohol Program within their organization. The 1st MSC will continue to enforce the Program to strengthen the overall fitness of the Soldiers and maintain a drug free workforce.

Commandant's List



Sgt. Omar E. Rodriguez graduated from the Transportation Management Coordinator Course and reclassified as an Transportation NCO. He also made the Commandant's List graduating with an excellent point average. Rodriguez is assigned to the 268th Transportation Company. He is currently working for the HRO with the Retirement Services Section.



The 1st MSC congratulates Master Sgt. Ariel Feliciano on his appointment as First Sergeant for Headquarters and Headquarters Detachment. In the photo 1st Sgt. Feliciano receives the distinctive first sergeant "diamond" from 1st MSC Cmd. Sgt. Maj. Marcial O. Felix as outgoing 1st Sgt. Robert Lopez looks on. Capt. Heriberto Luna, 1st MSC HHD Commander is in the background.



On 13 March 2010, the 1st MSC Human Resource Office hosted a branch orientation for ROTC cadets of the Universities of Rio Piedras, Cayey and Turabo in Caguas at the Pee-Wee Field at Fort Buchanan. This orientation helps cadets decide a branch if they are still uncertain as they prepare to graduate as 2nd Lt.'s and join the military. In the photo Col. Fernando Fernandez, 1st MSC Commander congratulates the future Lieutenants for choosing such a rewarding and honorable career. He also shared some words of wisdom.